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ABSTRACT

This handbook is designed to provide opportunities for members of the North Carolina Association of Future Homemakers of America (FHA) to demonstrate their proficiency with the competencies they have developed through participation in FHA and the home economics education program. The 25 events are designed to help develop lifetime skills in planning, goal setting, decision making, communication techniques, and leadership. Introductory materials include a participation summary chart, event eligibility summary chart, home economics course cross-reference chart, information on recognition, proficiency event fees, levels of competition, general rules and regulations, and regional application. Each event is classified by the following characteristics: event category, event type, level of recognition, grade level, and course requirement for eligibility. In addition, each event has a unique set of guidelines that are divided into these sections: event description; competency goals; rules for event participation; required procedures for participants; supplies, equipment, and materials; and rating sheet. Representative events are parliamentary procedure, illustrated talk, job application and interview, comparison shopping, the growing child display, survival sewing, nutritious snacks, functional interiors, family communications, and commercial foods. (YLB)

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INTRODUCTION

The 1988-1990 NC-FHA/HERC Proficiency Events Handbook has been developed to provide opportunities for members of the North Carolina Association of Future Homemakers of America to demonstrate their proficiency with the competencies they have developed through participation in the organization and the Home Economics Education Program. Each event is designed to help develop lifetime skills in planning, goal setting, decision making, communication techniques, and leadership. The events encourage student participation and emphasize the positive accomplishments of youth. The foundation for proficiency events is that all competitors are winners. Cooperation and competition are stressed in positive, constructive ways. Some basic beliefs which have governed the development of proficiency events are:

1. Home Economics students deserve recognition for their achievements.
2. Events will provide increased visibility for Home Economics Education.
3. Events relate directly to the competencies identified for the Consumer Home Economics and Occupational Home Economics Programs.
4. Events will encourage member participation in today's world.
5. Events will encourage the development of leadership skills and group cooperation.

Each event in this handbook can be classified by the following characteristics:

- Event Category
- Event Type
- Level of Recognition
- Grade Level
- Course Requirement for Eligibility

Each event has a unique set of guidelines which are divided into the following sections:

- Event Description
- Competency Goals
- Rules for Event Participation
- Required Procedures for Participants
- Supplies, Equipment, and Materials
- Rating Sheet

This handbook supersedes all previous North Carolina Proficiency Event Handbooks. The purpose of the handbook is participation information, not proficiency event management. All event guidelines have been revised. You are urged to review these guidelines and rating sheets which replace all others.

General questions about the events can be directed to the State Staff for Home Economics Education.

Issued By

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NORTH CAROLINA FHA/HERC
1988-1989 PROFICIENCY EVENTS
PARTICIPATION SUMMARY CHART

Event Number	Event Name	Event Category	Event Type	Number of Participants Per Entry	Recognition Level	Grade Level
1	All-Star Chapter	C	I/T	1 - 3	R, S, N	7 - 12
2	Parliamentary Procedure	C	T	8 - 10	R, S	7 - 12
3	All-Star Project	C	I/T	1 - 3	R, S, N	7 - 12
4	Illustrated Talk, Junior	C	I	1	R, S, N	7 - 9
5	Illustrated Talk, Senior	C	I	1	R, S, N	10 - 12
6	Job Application and Interview, Junior	H	I	1	R, S, N	7 - 9
7	Job Application and Interview, Senior	H	I	1	R, S, N	10 - 12
8	Job Application and Interview, Senior Occupational	O	I	1	R, S, N	10 - 12
9	Comparison Shopping	H	I	1	R, S	7 - 12
10	The Growing Child Display	H	I/T	1 - 3	R, S	7 - 12
11	Little Friends	H, C	I/T	1 - 3	R, S, N	7 - 12
12	Survival Sewing	H	I	1	R, S	7 - 10
13	Creative Fashion Display	H, C	I	1	R, S	9 - 12
14	Fashion Construction	H, O	I	1	R, S	9 - 12
15	Nutra-Trends Display	H	I/T	1 - 3	R, S	7 - 12
16	Nutritious Snacks for Teenagers	H	I	1	R, S	7 - 12
17	Functional Interiors	H	I	1	R, S	9 - 12
18	Family Communications, Junior	H	I/T	1 - 3	R, S, N	7 - 9
19	Family Communications, Senior	H	I/T	1 - 3	R, S, N	10 - 12
20	Clothing Alterations	C	I	1	R, S	11 - 12
21	Creative Window Treatment	O	I	1	R, S	11 - 12
22	Commercial Foods	O	I	1 - 3	R, S, N	11 - 12
23	Culinary Skills	O	I	1	R, S	11 - 12
24	Storytelling	O	I	1	R, S	11 - 12
25	Kids, Inc.	O	I/T	1 - 3	R, S, N	11 - 12

LEGEND:

Event Category: Chapter (C), General (G), Consumer Home Economics (H), Occupational Home Economics (O)
Event Type: Individual (I), Team (T), Individual or Team (I/T)
Recognition Level: Regional (R), State (S), National (N)

NORTH CAROLINA FHA/HERO
1989-1990 PROFICIENCY EVENTS
EVENT ELIGIBILITY SUMMARY CHART*

	Home Economics Course														
EVENT	7009	7015	7025	7035	7045	7055	7065	7111	7112	7121	7122	7131	7132	7141	7142
All-Star Chapter	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Parliamentary Procedure	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
All-Star Project	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Illustrated Talk, Junior	x	x													
Illustrated Talk, Senior		x	x	x	x	x	x	x	x	x	x	x	x	x	x
Job Application & Interview, Junior	x	x		x	x	x	x								
Job Application & Interview, Senior		x	x	x	x	x	x								
Job Application & Interview, Senior Occupational								x	x	x	x	x	x	x	x

EVENT	Home Economics Course														
	7008	7015	7025	7035	7045	7055	7065	7111	7112	7121	7122	7131	7132	7141	7142
Comparison Shopping	x	x	x												
The Growing Child Display	x	x	x				x								
Little Friends	x	x	x				x	x	x					x	x
Survial Sewing	x	x													
Creative Fashion Display				x								x	x	x	x
Fashion Construction				x								x	x	x	x
Nutra-Trends	x	x	x		x										
Nutritious Snacks for Teenagers	x	x	x		x										
Functional Interiors		x	x			x									

Home Economics Course

EVENT	7008	7015	7025	7035	7045	7055	7065	7111	7112	7121	7122	7131	7132	7141	7142
Family Communication, Junior	x	x													
Family Communication, Senior		x	x				x								
Clothing Alterations												x	x	x	x
Creative Window Treatment												x	x	x	x
Commercial Foods										x	x			x	x
Culinary Arts										x	x			x	x
Storytelling								x	x					x	x
Kids, Inc.								x	x					x	x

*Based on the Vocational Education Program of Studies, Revised 1987.

NORTH CAROLINA
HOME ECONOMICS EDUCATION COURSE CROSS-REFERENCE GUIDE
FOR PROFICIENCY EVENT ELIGIBILITY

DIRECTIONS: This cross-reference chart is to be used with students who had a home economics course before this year to allow them to participate in the Proficiency Events.

Course Number	Old Courses 1982 - 1987	Course Number	New Courses 1988 - 1993
7107/7108	Exploring Home Economics	7008	Exploring Home Economics
7111	Introductory Home Economics	7015	Teen Living
7115 7116	Consumer Management Skills Adult Roles and Functions	7025	Independent Living
7121	Advanced Home Economics	7025	Independent Living
7125	Applied Home Economics Occupations III	7141/7142	Home Economics Cooperative Education I and II
7131 7132	Parenting/Child Development Advanced Child Development	7065	Parenting and Child Development
7133/7134	Child Care Services I and II	7111/7112	Child Care Services I and II
7141 7142	Consumer Clothing and Textiles Advanced Clothing and Textiles	7035	Clothing and Textiles
7143/7144	Clothing Services I and II	7131/7132	Custom Fashions and Interiors I and II
7151 7152	Consumer Foods and Nutrition Advanced Foods and Nutrition	7045	Foods and Nutrition
7153/7154	Food Services I and II	7121/7122	Commercial Foods I and II
7161 7162	Consumer Housing & Home Furnishing Advanced Housing & Home Furnishing	7055	Interior Design and Housing
7163/7164	Home Interior Services I and II	7131/7132	Custom Fashions and Interiors I and II
7171	Family Life Education	7025	Independent Living
7172	Advanced Interpersonal Relations	7025	Independent Living
7173/7174	Human Services I and II*	None	

* Individual requests may be made to the State Office.

NORTH CAROLINA FHA/HERO
BASIC SKILLS REINFORCEMENT IN COMPETITION EVENTS

The basic skills goals identified by the Division of Vocational Education are: (1) communications, (2) problem solving, (3) computational, and (4) citizenship. This chart shows the events that will reinforce those basic skills.

EVENT NUMBER	EVENT NAME	BASIC SKILLS			
		Communication	Problem Solving	Computational	Citizenship
1	All-Star Chapter	x	x	x	x
2	Parliamentary Procedure	x	x		x
3	All-Star Project	x	x	x	x
4	Illustrated Talk, Jr.	x	x		x
5	Illustrated Talk, Sr.	x	x		x
6	Job Application & Interview, Jr.	x	x	x	x
7	Job Application & Interview, Sr.	x	x	x	x
8	Job Application & Interview, Sr. Occ.	x	x	x	x
9	Comparison Shopping	x	x	x	x
10	The Growing Child Display	x	x	x	x
11	Little Friends	x	x	x	x
12	Survival Sewing		x	x	x
13	Creative Fashion Display	x	x	x	x
14	Fashion Construction	x	x	x	x
15	Nutra-Trends Display	x	x	x	x
16	Nutritious Snacks for Teenagers	x	x	x	x
17	Functional Interiors	x	x	x	x
18	Family Communications, Jr.	x	x		x
19	Family Communications, Sr.	x	x		x
20	Clothing Alterations	x	x	x	x
21	Creative Window Treatment	x	x	x	x
22	Commercial Foods	x	x	x	x
23	Culinary Skills	x	x	x	x
24	Storytelling	x	x	x	x
25	Kids, Inc.	x	x	x	x

LEVELS OF RECOGNITION

Recognition items are awarded to participants at the regional, state, and national levels.

1. REGIONAL LEVEL - Each participant will receive a "Certificate of Participation". For those participants achieving the 85% proficiency level, a gold seal will be affixed to the certificate. First, second, and third place winners who have demonstrated the specified level of proficiency will receive a trophy inscribed to designate their level of achievement. The Commercial Foods Event, the All-Star Chapter Event, and the All-Star Project Event are exceptions. In the Commercial Foods Event, the top three scoring proficient participants will be designated as first-place winners, the fourth top scoring proficient participant will be designated as the second-place winner, and the fifth top scoring proficient participant will be designated as the third-place winner. In the All-Star Chapter Event and the All-Star Project Event, a first, second, and third place trophy will be awarded to proficient entries in both the manual and display formats. Please note single trophies are awarded per event entry, not per participant.

2. STATE LEVEL - Each participant will receive a medal for participation. First, second, and third place winners who have demonstrated the specified 85% proficiency level will receive a trophy inscribed to designate their level of achievement. The Commercial Foods Event, the All-Star Chapter Event, and the All-Star Project Event are exceptions. In the Commercial Foods Event, the top three scoring participants will be designated as first-place winners, the fourth top scoring proficient participant will be designated as the second-place winner, and the fifth top scoring proficient participant will be designated as the third-place winner. In the All-Star Chapter Event and the All-Star Project Event, a first, second, and third place trophy will be awarded to proficient entries in both the manual and display formats. Please note single trophies are awarded per event entry, not per participant. In national level events, second-place winners will be designated as a STAR event alternates.

3. NATIONAL LEVEL - Each participant will receive a "Certificate of Participation." Participants will receive medals to recognize their achievement levels.

   . Three Star - gold medal (highest level)
   . Two Star - silver medal
   . One Star - bronze medal

   Because each person is evaluated against a standard set of criteria, there is no limit to the number of awards given in each category.

DISQUALIFICATION

Disqualification is unfortunate to everyone concerned -- participants, advisers, and event managers. To avoid unnecessary disappointment, keep in mind the causes for disqualification.

1. Failure to affiliate by specified deadlines.

2. Failure to comply with the General Rules and Regulations or Eligibility Rules.

In state competition, only the Home Economics State Staff member who is in charge can disqualify an entry. In national competition, participants will be disqualified for failure to attend the orientation session and failure to arrive at competition on time.

AWARD DECISIONS

e decision of the judges is final. Only clear mathematical errors will be addressed after the presentation of awards.

PROFICIENCY EVENT FEES

Each participant/team pays a fee to help defray event costs such as facility, certificates, awards, supplies, and postage. Contact the State FHA/HERO Adviser or Regional FHA/HERO Co-Adviser for amount of the fee. Alternates do not pay a registration fee. No refunds will be given.

LEVELS OF COMPETITION

FHA/HERO members participating in North Carolina Proficiency Events may have the opportunity to participate in five levels of competition. These levels are:

1. SUB-CHAPTER - At this level, a member(s) will be selected to represent the sub-chapter (class) in each individual or team event to be entered in chapter level competition.

2. CHAPTER - At this level, a member(s) will be selected to represent the local chapter in each individual or team event to be entered by the chapter in compliance with the general and specific event rules and regulations.

3. REGIONAL - At this level, each chapter may have only one entry in each event in compliance with the general and specific rules and regulations. The Commercial Foods Event is an exception; a chapter may have up to three individual entries.

4. STATE - At this level, the first-place regional winner(s) or designee(s) will participate in the state level competition in each event in compliance with the general and specific rules and regulations. The Commercial Foods Event, the All-Star Chapter Event, the All-Star Project Event are exceptions. In the Commercial Foods Event, the top three proficient scoring regional individual entries will be designated as first-place winners. In the All-Star Chapter Event and the All-Star Project Event, the top proficient scoring regional entries in both the display and manual formats will be designated as first-place winners.

5. NATIONAL - At the national level, state-level winners in selected events are eligible to represent the North Carolina Association in the STAR Events. North Carolina events which correspond to STAR Events are events numbers 1, 3, 4, 5, 6, 7, 8, 11, 18, 19, 22, and 25. The first-place winners or designees in these events may represent North Carolina. The Commercial Foods Event, the All-Star Chapter Event, and the All-Star Project Event are exceptions. In the Commercial Foods Event, the top three scoring state individual entries will be designated as first-place winners and will represent North Carolina in the National STAR Events. In the All-Star Chapter Event and the All-Star Project Event, the top proficient scoring state entries in both the display and manual formats will be designated as first-place winners and will represent North Carolina in the National STAR Events. On June 15, the State Adviser will notify eligible alternates in each National STAR Event of their selection to participate in national competition. Alternate participation is based on space available in each event.

1988 - 1990
GENERAL RULES AND REGULATIONS
NC-FHA/HERO PROFICIENCY EVENTS

1. An FHA/HERO member may not enter more than one event.

2. Each participant must be an affiliated member in good standing with the North Carolina FHA/HERO Association. Dues must be paid by February 28 or four weeks prior to participation (whichever comes first). Refer to Article V, Section 3 of the North Carolina FHA/HERO Constitution (found in the 1984 edition of the North Carolina FHA/HERO Handbook, page 76).

3. Entry Application: Each application must be completed and submitted no later than four weeks prior to the event. There is to be one application completed for each event entry. All team members' names must be listed on the same application form. Make four copies of each completed application, keeping one for the chapter files and submitting one each to the following:

   *State Office
   *Regional Adviser
   *Regional Co-Adviser

4. One copy of the official national affiliation form(s) from each chapter must be submitted to the State Office with the chapter's applications.

5. No substitutes or alternates will be allowed in individual events.

6. Team members must be from the same chapter. The number of members which forms a team is determined by those named on the regional application form. Only alternates identified on the official application form may participate. Alternates do not pay entry fees. Identification of alternates on the official application form is highly recommended. Team members winning the most recent level of competition advance to the next level of competition.

7. An entry fee for participation in each event shall be established to defray costs.

8. To enter an event, a student must meet eligibility requirements for the event entered.

9. A home economics teacher and/or responsible adult must accompany the student(s) participating in the events.

10. Teachers/adults accompanying participants are not to provide on-site assistance to the participants in any way except in the transport of materials. Teachers are not to be in the room/area where his or her student(s) are participating in events. No advisers or other observers are allowed in the event site during assembly, presentation, or execution of the procedures of the event.

11. Entries should not have been entered previously in any competition. Examples are entries which have been entered in other youth organization's competitive events or prior year's proficiency events.

12. Participants must arrive at the site and should be in the event/orientation room at the specified time. Events will proceed on schedule. Participants arriving late will be rescheduled, if possible, at the discretion of the on-site Home Economics Education State Staff member.

13. Participants will be assigned a number for identification. Names of students and schools are not permitted during competition unless required by specific event rules.

14. Each event will be judged by three juages with professional experience in the area they are judging. Use of teachers and advisers is discouraged and should be considered only in emergency situations.

15. All costs and entry fees for participation will be borne by the student, chapter, or local school system.

16. Any student who meets a minimum standard of 85 percent will be awarded proficiency recognition. Those who meet less than the minimum will be given participation recognition.

17. Questions and concerns not in this handbook will be addressed by the on-site Home Economics Education State Staff member.

18. A participant who is eligible for state competition and can not attend the State Proficiency Events, is requestec tc notify the State Office no later than two weeks before the state competitions. A two weeks notification is required to allow the next qualified entrant to participate. The next eligible participant must be proficient (score of 85 or higher).

19. All typed pages to be submitted ir any event must be typed on one side only.

20. All work must be the design and effort of the individual or team participant(s).

21. An identification card (3" x 5") should be presented to the event manager during orientation. This card is used in the display area to identity displays, etc. at the conclusion of the events. The identification card needs the following information:

EXAMPLE:

STUDENT OR CHAPTER NAME:
SCHOOL:
CITY:
SCHOOL SYSTEM:
REGION:
TITLE OF PROJECT:

REGIONAL PROFICIENCY EVENT APPLICATION

NORTH CAROLINA FUTURE HOMEMAKERS OF AMERICA

INSTRUCTIONS: Complete the application with the required information. Refer to current communications from respective Regional Co-Adviser regarding postmark date, amount of registration fee, who is to receive registration fee, and individuals who are to receive the official application. Applications are due one month prior to the regional event. Photocopy this official Regional Proficiency Event Application as needed.

One copy of the official current national affiliation form(s) from each chapter must accompany the chapter's applications for membership verification purposes.

Please type or print.

EVENT NUMBER_____ EVENT NUMBER_____

NAME OF SCHOOL_____ SCHOOL SYSTEM_____ REGION____

SCHOOL ADDRESS_____ PHONE_____

CITY_____ ZIP CODE_____

NAME OF SPONSORING TEACHER/ADVISER_____

NAME(S) AS SHOWN ON OFFICIAL AFFILIATION FORM

PARTICIPANT NAME(S)	PARTICIPANT VERIFICATION SIGNATURE(S)*	GRADE LEVEL	COURSE NO. FOR ELIGIBILITY (List One)***
**1.			
**2.			

CHECK NEEDS:_____Table _____Electricity

CHECK ONE IF ENTERING ALL-STAR CHAPTER EVENT OR ALL-STAR PROJECT EVENT: _____Display _____Manual

*As an FHA/HERO Proficiency Event Entrant, I agree to abide by the rules and regulations governing the event and agree to participate in state events should I as an individual or team member win at the Regional Level.

**A maximum of two alternates may be identified for a team event.

***List course number based on Program of Studies, Revised, 1987.

_____ _____

Teacher's/Adviser's Signature Date

ALL-STAR CHAPTER
Proficiency Event #1

EVENT DESCRIPTION

The All-Star Chapter Event recognizes chapters for developing an outstanding and well-balanced program of work. FHA/HERO chapters will prepare and submit for judging an original manual or display to serve as a record of their chapter activities.

EVENT CATEGORY:
__x__ Chapter
_____ General
_____ Consumer Home Economics
_____ Occupational Home Economics

EVENT TYPE:
_____ Individual
_____ Team
__x__ Individual or Team

NUMBER OF PARTICIPANTS: 1-3

LEVELS OF RECOGNITION: __x__ Regional __x__ State __x__ National

GRADE LEVEL: __x__ 7 __x__ 8 __x__ 9 __x__ 10 __x__ 11 __x__ 12

COURSE REQUIREMENTS FOR ELICIBILITY: Students who are currently enrolled in or have successfully completed a home economics class.

COMPETENCY GOALS

Future Homemakers of America is an integral part of the home economics curriculum. Competency goals from all home economics courses are applicable to this event.

RULES FOR EVENT PARTICIPATION

1. Participants must comply with General Rules and Regulations.

2. A chapter may not enter both a display and a manual in this event.

3. For state competition, an entry shall be a chapter's program of work for one year beginning with the State Leadership Meeting in the spring of the previous school year. For national competition, an entry shall be a chapter's program of work for one year starting July 1 through June 30.

4. The exhibit must be the design and work of the chapter members.

5. A well-balanced chapter program of work is one that:

   - allows students to develop leadership management, communication, and personal skills by planning, conducting, and evaluating the following:

     - membership campaigns
     - public relations activities
     - state and national activities and projects
     - leadership activities
     - chapter management of finances
     - community service activities
     - meetings (chapter, regional, state, cluster, national)
     - recognition activities
     - ceremonies
     - cooperative, competitive, and individualized activities

   - is planned using Future Homemakers of America's planning process (see Handbook for Youth-Centered Leadership, page 26)
   - increases public awareness of Future Homemakers of America
   - reflects the purposes of Future Homemakers of America
   - has clearly defined goals

6. The state first-place winner(s) in both the display and manual formats will be North Carolina's entries in the National STAR Event competition.

7. If a chapter uses a manual to exhibit its program of work, the manual shall contain not more than 1 title page, 1 table of contents page, 5 divider pages, 30 content pages (one side of page only with no attached pages), and the official national affiliation form(s) (photocopy is acceptable).

   - The title page shall carry a summary paragraph (goals and accomplishments), chapter name, type of chapter (FHA, HERO or FHA/HERO), school, city, state, and year.
   - Divider pages shall not include content.
   - The official national affiliated form is the chapter's copy of the form listing affiliated members (photocopy is acceptable).
   - The manual shall be an FHA/HERO scrapbook obtained from Balfour Supply Service. Filler pages need not be Balfour stock but must be uniform in size.
   - Affiliation form is not counted as a content page.
   - Only booklets or programs related to the activity can be attached to a content page.
   - Props may not be used to display the manual.
   - Content pages shall present a chronology of the year's projects and activities including:

     - title of each activity
     - goal of each activity
     - accomplishments
     - resources used
     - evaluation statement
     - names of chapter members involved and their responsibilities
     - descriptive material about each activity (examples: pictures, news clippings, scripts of programs or ceremonies). Since pages are limited and evaluation time is short, choose items carefully. Quality is more important than quantity.

8. If a chapter uses a display to exhibit its program of work, the display shall:

   - have an 8½" x 11" typewritten sheet that carries a summary paragraph (chapter goals and accomplishments), chapter name, type of chapter (FHA, HERO, or FHA/HERO), shcool, city, state, and year
   - be free-standing, not exceeding a space 4' deep by 5' wide by 6' high or table-top, not exceeding a space 2½' deep, 4' wide by 4' high, including audiovisual equipment
   - have an attached official national affiliation form (photocopy is acceptable)
   - use self-explanatory materials that accurately describe the chapter's program of work (examples: photos, slides, videotapes, and other media)

REQUIRED PROCEDURES FOR PARTICIPANTS

1. An identification card is to be giver tc event manager during orientation for the display format. See General Rules and Regulations for card information.

2. The display or manual will be set up at the time and in the space specified by the event manager. Thirty minutes are allowed. Only designated student members may set up the exhibit. Others are not allowed in the area during set-up time.

3. Participants must bring all needed supplies (tapes, pins, audiovisual equipment, etc.). Requests for a table and an electrical outlet may be made on the official application. Table size will vary with location. Wall space will not be available.

4. At the designated time, participants will present a 5-10 minute summary of the program of work to the evaluators.

5. Visuals may be used with manual summaries if they contain material reproduced from or explained in the manual. Visuals requiring audiovisual equipment are not permitted.

6. Failure to follow dimension rules for displays will result in the loss of two (2) points per inch on each judge's rating sheet that the display extends, in any direction, beyond the specified measurments.

7. Failure to follow the page rules for manuals will result in the loss of five (5) points on each judge's rating sheet for each page that extends beyond the specified number of pages and/or does not follow the rules for page content.

8. Following the summary, the judges will question the students about their chapter's program of work for 5-10 minutes.

9. Following the evaluation, all manuals and displays will be available for public viewing, if space permits. Chapters must assume responsibility for the safety of all displays.

10. Improvements may be made to the manual after both the regional and state competition.

SUPPLIES, EQUIPMENT, AND MATERIALS

To Be Provided By Participants

Manual/display
All items, tools, props, etc. necessary
for the final set up of the display
3" x 5" identification card (see general rules)

To Be Provided By Event Manager

Measuring tape
Calculator
Timing device
Pens

To Be Provided At Host Facility

Tables
Electricity

To Be Provided By State Office

Judges' rating sheets

ALL-STAR CHAPTER
Proficiency Event #1

Judge's Number _____ Participant # _____

Instructions for Judges: Circle points for each criterion. Where information or evidence is missing, assign "0". Compute total points. Make comments, if applicable.

Check One: ____Display ____Manual

Criteria	Possible Points	Excellent	Very Good	Good	Fair	Poor	Comments
Program of Work							
1. Students planned, conducted, and evaluated the following: -membership campaigns -public relations activities -state and national projects and activities -leadership activities -chapter management of finances -community service activities -meetings (chapter, regional, state, cluster, national) -recognition activities -ceremonies -cooperative, competitive, and individual activities	30	30	28	26	24	22	
2. Used Future Homemakers of America's planning process	10	10	9	8	7	6	
3. *Increased public awareness of the organization	10	10	9	8	7	6	
4. Reflected purposes of the organization	10	10	9	8	7	6	
5. **Defined goals clearly	10	10	9	8	7	6	
Summary							
6. Clear, organized oral summary	10	10	9	8	7	6	
7. Effective manual/display - legible, neat, creative, correct spelling, attractive	20	20	18	16	12	10	

POINTS DEDUCTED FOR PAGE OR SIZE INFRACTION: _____

TOTAL POSSIBLE POINTS: 100 TOTAL SUM OF POINTS: _____

MINIMUM SCORE FOR PROFICIENCY RATING = 85% OF TOTAL POINTS SUMMED FROM ALL JUDGES

*1st Tie Breaker
**2nd Tie Breaker

PARLIAMENTARY PROCEDURE
Proficiency Event #2

EVENT DESCRIPTION

The Parliamentary Procedure Event is a team of 8-10 members who will demonstrate their abilities to conduct a business meeting in a democratic manner, using correct parliamentary procedures. The event consists of a simulated parliamentary situation and oral questions from the judges.

EVENT CATEGORY:
- x Chapter
- ____ General
- ____ Consumer Home Economics
- ____ Occupational Home Economics

EVENT TYPE:
- ____ Individual
- x Team
- ____ Individual or Team

NUMBER OF PARTICIPANTS: 8-10

LEVELS OF RECOGNITION: x Regional x State ____ National

GRADE LEVEL: x 7 x 8 x 9 x 10 x 11 x 12

COURSE REQUIREMENTS FOR ELIGIBILITY: Students who are currently enrolled in or have successfully completed a home economics course.

COMPETENCY GOALS

Future Homemakers of America is an integral part of the home economics curriculum. Competency goals from all home economics courses are applicable to this event.

RULES FOR EVENT PARTICIPATION

1. Participants must comply with General Rules and Regulations.

REQUIRED PROCEDURES FOR PARTICIPANTS

1. The demonstration will consist of a team presentation on the use of parliamentary procedure and will be followed by a question-and-answer period on how the team has encouraged the use of these abilities at local chapter meetings.

2. A team of 8-10 students is required. The team consists of the following: chairperson (president), officers, and chapter members. Teams competing in successive years must have at least three new members with each incoming year.

3. The following items should be covered by the demonstration (and all may be fictitious):

   a. Opening ceremony.
   b. Secretary's minutes (minutes should include business not finished at the previous meeting and an item that was referred to a committee at the previous meeting). One typed copy of the last business meeting should be presented to the judges prior to the team demonstration. Secretary's minutes and reports from the presentation will be given to the judges at the completion of the activity.

c. Officer reports (must include treasurer's report; other officers' reports are optional).
Note: The treasurer's report (typed) should receive a motion to "file for audit."

d. Committee reports (standing and/or special committee reports) are to be typed and given to the secretary, immediately following the last officer's report. Reports may be accepted as a group following the last officer's report.

e. Unfinished business.

f. New business (3 subject cards related to National and/or State projects will be drawn).

g. Closing ceremony.

h. All teams must adjourn.

4. The demonstration of eight (8) abilities must be included in the business meeting. Six (6) abilities are required and specified on the score sheet. Two (2) additional abilities will be drawn at the beginning of the 15-minute preparation time.

5. Each team chairperson will draw three subject cards. The subjects may be used with any of the required or chosen additional abilities. The team may use one additional item of business of its choosing if time has not expired upon finishing the 3 assigned subjects. Examples of subjects are as follows:

Raising money for a state FHA/HERO project.
Supporting a school activity.
Sponsoring a state FHA/HERO educational project.
Promoting a community project.

6. Each team will be given 15 minutes prior to their presentation to discuss their assignments. The adviser may not attend the practice session or the demonstration. The team chairperson will hand cards and one legible copy of the secretary's minutes to the timekeeper when entering the demonstration room. The timekeeper will present them to the judges.

7. Each team will be given a 12-15 minute time period to carry out their parliamentary procedure demonstration. At the end of 12 minutes, a timekeeper will stand to indicate that 12 minutes have expired. The timekeeper should remain standing until all business has been concluded. The timekeeper should be seated during closing ceremony. Four points will be deducted from the total score on each judge's rating sheet for each minute less than 12 minutes or more than 15 minutes.

Timing begins with the first rap of gavel, calling chapter into session after the opening ceremony. Timing ends with the rap of gavel to adjourn closing ceremony.

8. Judges should have a typed copy of the agenda after the presentation and before the questioning session.

NOTE: The chairperson of a team should feel free to use an agenda similar to one used at the local chapter. This agenda should not include any information concerning the execution of parliamentary procedure. The judges have the option of seeing the typed agenda.

9. An additional 8 minutes will be allotted for questions by the judges.

a. Prepared question (3 minutes maximum). "How has the team encouraged and increased the use of parliamentary procedure at local chapter meetings?"

b. Additional questions will relate to parliamentary procedure (5 minutes maximum).

SUPPLIES, EQUIPMENT, AND MATERIALS

To Be Provided By Participants

Gavel/Block
Typed secretary's minutes from previous meeting
Officers' reports
Typed agenda of ceremony (3 copies)
Robert's Rules of Order, Newly Revised

To Be Provided By Event Manager

Pens
Calculator
Timing device
Robert's Rules of Order, Newly Revised

To Be Provided At Host Facility

Practice room

To Be Provided By State Office

Judges' rating sheets
Two sets of subject cards
Two sets of additional ability cards

Proficiency Event #2

Judge's Number _____ Participant # _____

Instructions for Judges: Circle points for each criterion. Where information or evidence is missing, assign "0". Compute total points. Make comments, if applicable.

Criteria	Possible Points	Excellent	Very Good	Good	Fair	Poor	Comments
1. Presiding Chairperson Voice, poise, expression, sentence structure, accurate business dispatch	10	10	9	8	7	6	
2. Secretary Voice, poise, accurate business recording	10	10	9	8	7	6	
3. Treasurer Voice, poise, accurate report	10	10	9	8	7	6	
4. Other Member(s) Voice, grammar, poise, sentence structure, participation in carrying out business	10	10	9	8	7	6	
5.** Parliamentary Skills	15	15	13	11	9	7	
6. * Parliamentary Procedures + Main motion + Amendment to main motion Amendment to amendment Appeal to the decision of the chair + Motion to lay on the table + Motion to refer to committee + Motion to adjourn Motion to take motion from the table Motion to reconsider Motion to suspend the rules Call for the division of the assembly + Rise to point to order Motion to limit debate	25	25	23	21	19	17	
7. Oral Question Response Accurate, concise	20	20	18	16	14	12	

POINTS DEDUCTED FOR TIME INFRACTION: _____

TOTAL POSSIBLE POINTS: 100 TOTAL SUM OF POINTS: _____

MINIMUM SCORE FOR PROFICIENCY RATING = 85% OF TOTAL POINTS SUMMED FROM ALL JUDGES

*1st Tie Breaker

**2nd Tie Breaker

+Required Abilities

ALL-STAR PROJECT
Proficiency Event #3

EVENT DESCRIPTION

The All-Star Project Event is designed to encourage the development of local chapter in-depth projects; to provide a creative means of exhibiting the chapter projects; and to recognize chapters whose projects make worthwhile contributions to families, schools, or communities.

EVENT CATEGORY:
- x Chapter
- ____ General
- ____ Consumer Home Economics
- ____ Occupational Home Economics

EVENT TYPE:
- ____ Individual
- ____ Team
- x Individual or Team

NUMBER OF PARTICIPANTS: 1-3

LEVELS OF RECOGNITION: x Regional x State x National

GRADE LEVEL: x 7 x 8 x 9 x 10 x 11 x 12

COURSE REQUIREMENTS FOR ELIGIBILITY: Students who are currently enrolled in or have successfully completed a home economics course.

COMPETENCY GOALS

Future Homemakers of America is an integral part of the home economics education curriculum. Competency goals from all home economics courses are applicable to this event.

RULES FOR EVENT PARTICIPATION

1. Participants must comply with General Rules and Regulations.
2. A chapter may not enter both a display and a manual in this event.
3. A project entered in this event may not be entered in any other proficiency event.
4. The chapter must complete an in-depth project during the school year preceding the National Leadership Meeting.
5. The exhibit must be the work of the chapter members.
6. An in-depth project is one that:
   - is planned using Future Homemakers of America's planning process (see Handbook for Youth-Centered Leadership, page 26)
   - has clearly defined goals
   - increases public awareness of Future Homemakers of America
   - involves cooperation with other school or community groups
   - has a direct relationship to the home economics program
   - addresses one specific interest or concern of chapter members
   - involves chapter members in significant ways

7. The presentation of the project shall consist of:

   - a 5-10 minute oral summary of the project
   - a display or manual used to support the oral summary

8. If a chapter uses a manual to exhibit the in-depth project, the manual shall contain not more than 1 title page, 1 table of contents page, 3 divider pages, 10 content pages (one side of page only with no attached pages), and the official national affiliation form (photocopy is acceptable).

   . The manual shall be compiled in an FHA/HERO scrapbook obtained from Balfour Supply Service. Filler pages need not be Balfour stock but must be uniform in size.

   . The title page shall carry the title of the project, a summary paragraph (title, goals, and accomplishments of the project), type of chapter (FHA, HERO, or FHA/HERO), school, city, state, and year.

   . Divider pages shall not include content.

   . Content pages contain descriptive material about the in-depth project (examples: news clippings, pictures and materials produced). Since pages are limited and evaluation time is short, choose items carefully. Quality is more important than quantity.

   . The official national affiliation form is the chapter's copy of the form listing affiliated members (photocopy is acceptable).

   . Only booklets or programs related to the activity can be attached to a content page.

   . Props may not be used to display the manual.

9. If a chapter uses a display to exhibit the project, the display shall:

   - have an 8 1/2" x 11" typewritten sheet carrying the title of the project, a summary paragraph (title, goal, accomplishments of project), chapter name, type of chapter (FHA, HERO, or FHA/HERO), school, city, state, and year;
   - be free-standing, not exceeding a space 4' deep by 5' wide by 6' high or table-top, not exceeding a space 2 1/2' deep, 4' wide by 4' high, including audiovisual equipment;
   - have an attached official national affiliation form (photocopy is acceptable);
   - use self-explanatory materials that accurately describe the project, such as photos, slides, videotapes or other media.

10. The state first-place winner(s) in both the display and manual formats will be North Carolina's entries in the National STAR Event competition.

REQUIRED PROCEDURES FOR PARTICIPANTS

1. Identification card is to be given to event manager during orientation for the display format. See General Rules and Regulations for card information.

2. The display or manual will be set up at the time and in the space specified by the event manager. Thirty minutes are allowed. Only designated student members may set up the exhibit. Others are not allowed in the area during set-up time.

3. Participants must bring all needed supplies (tapes, pins, audiovisual equipment, etc.). Requests for a table and an electrical outlet may be made on the official application. Table sizes will vary with location. Wall space will not be available.

4. At the designated time, participants will present a 5-10 minute summary of the All-Star Project to the evaluators.

5. Visuals may be used with the manual summary if they contain material reproduced from or explained in the manual. Visuals requiring audiovisual equipment are not permitted.

6. Failure to follow dimension rules for displays will result in the loss of two (2) points per inch on each judge's rating sheet that the display extends, in any direction, beyond the specified measurements.

7. Failure to follow the page rules for manuals will result in the loss of five (5) points on each judge's rating sheet for each page that extends beyond the specified number of pages and/or does not follow the rules for page content.

8. Following the summary, the evaluators will question the participants about their All-Star Project for 5-10 minutes.

9. Following the evaluation, all displays and exhibits will be available for public viewing, if space permits. Chapters must assume responsibility for the safety of all displays.

SUPPLIES, EQUIPMENT, AND MATERIALS

To Be Provided By Participants

Display/manual
All items, tools, props, etc. necessary for the final set up of the display
3" x 5" identification card (see general rules)

To Be Provided By Event Manager

Calculator
Timing device
Pens
Measuring tape

To Be Provided At Host Facility

Tables
Electricity

To Be Provided By State Office

Judges' rating sheets

ALL-STAR PROJECT
Proficiency Event #3

Judge's Number _____ Participant # _____

Instructions for Judges: Circle points for each criterion. Where information or evidence missing, assign "0". Compute total points. Make comments, if applicable.

Title of Project: _____ Check One: ____Display ____Manual

Criteria	Possible Points	Excellent	Very Good	Good	Fair	Poor	Comments
Project							
1. Used FHA/HERO planning process	10	10	9	8	7	6	
2. Defined goals clearly	10	10	9	8	7	6	
3. **Increased public awareness of the organization	10	10	9	8	7	6	
4. Involved other school or community groups	10	10	9	8	7	6	
5. Involved significant number of members	10	10	9	8	7	6	
6. Related to home economics program	10	10	9	8	7	6	
7. Addressed specific interest or concern of members	10	10	9	8	7	6	
Oral Presentation							
8. Clear, organized presentation	10	10	9	8	7	6	
9. *Effective display/manual - legible, neat, creative, correct spelling, attractive	20	20	18	16	14	12	

POINTS DEDUCTED FOR PAGE OR SIZE INFRACTION: _____

TOTAL POSSIBLE POINTS: 100 TOTAL SUM OF POINTS: _____

MINIMUM SCORE FOR PROFICIENCY RATING = 85% OF TOTAL POINTS SUMMED FROM ALL JUDGES

*1st Tie Breaker
**2nd Tie Breaker

ILLUSTRATED TALK, JUNIOR DIVISION
Proficiency Event #4

EVENT DESCRIPTION

The Illustrated Talk, Junior, Event recognizes members for their ability to make a presentation about issues concerning areas of home economics. Individual FHA members will present a prepared speech with the use of props such as charts, posters, pictures, real objects, puppets, and media. They are not factual lectures or "how to" demonstrations. The intent is to present views on issues in home economics and how FHA members can address the issues.

EVENT CATEGORY:
____ Chapter
_x_ General
____ Consumer Home Economics
____ Occupational Home Economics

EVENT TYPE:
_x_ Individual
____ Team
____ Individual or Team

NUMBER OF PARTICIPANTS: 1

LEVELS OF RECOGNITION: _x_ Regional _x_ State _x_ National

GRADE LEVEL: _x_ 7 _x_ 8 _x_ 9 ____ 10 ____ 11 ____ 12

COURSE REQUIREMENTS FOR ELIGIBILITY: Students who are currently enrolled in or have successfully completed a home economics course.

COMPETENCY GOALS

Future Homemakers of America is an integral part of the home economics education curriculum. Competency goals from all home economics courses are applicable to this event.

RULES FOR EVENT PARTICIPATION

1. Participants must comply with General Rules and Regulations.

2. The state first-place winner will be North Carolina's entry in the National STAR Event competition.

3. The illustrated talk is a 5-10 minute speech presentation prepared prior to the event and supported by visual aids about issues affecting the quality of individual and family life or occupational preparation. The issue chosen should be one that:

   - represents a concern of youths and of the participant
   - reflects current social or economic issues
   - can be addressed by an FHA chapter

4. The area chosen must be an issue related to one of the areas of study in Consumer Home Economics Education or Occupational Home Economics listed below.

Consumer Home Economics Education

- family relations
- parenting and child development
- food and nutrition
- clothing and textiles
- interior design and housing
- life management skills
- consumer choices
- managing home and work responsibilities

Occupational Home Economics

- child care
- services to the elderly
- food service
- clothing
- home furnishings and equipment
- institutional and home management

5. The presentation should:

- discuss the issue
- state how the issue related to individual or family life
- discuss how FHA members can address the issue

6. Factual lectures and "how to" demonstrations do not qualify as illustrated talks in this event.

7. Participants are required to show proof they have presented this talk prior to participation in the event. This would include photo, news displays, letters of invitation, or thank you notes.

8. An entrant may use any combination of activities or visual aids with the necessary portable equipment. Suggested aids include puppets, posters, slides, cassettes, charts, and other media.

9. Notes may be used during the presentation.

10. The judges may ask a few questions to:

- clarify any points
- determine knowledge of the subject matter

REQUIRED PROCEDURES FOR PARTICIPANTS

1. Each participant must submit to the event manager during the orientation session, three typed copies of an information packet (placed in a 9" x 11 3/4" manila file folder) consisting of:

   - a cover sheet with participant's name and topic
   - an outline of the presentation
   - references used - publications, books
   - date, location, and proof of prior illustrated talk presentation (photo, news clippings, letter of invitation, or thank you note)

   The presentation and information packet must be the work of the student.

2. Participants will have five minutes to set up for the presentation.

3. Participants may use a watch or clock. Time notifications will be given at 5, 7, and 9 minutes. At the end of 10 minutes, participants will be asked to stop.

4. Participants will be evaluated on:

   - knowledge of the subject matter and issues presented
   - visual aids used in the presentation
   - effectiveness of the presentation
   - information packet prepared for evaluators

SUPPLIES, EQUIPMENT, AND MATERIALS

To Be Provided By Participants

Information packet
Props

To Be Provided By Event Manager

Calculator
Timing device
Warning cards, stop card
Judges' rating sheets
Pens

To Be Provided At Host Facility

Tables
Lectern or speaker's stand
Electricity

To Be Provided By State Office

None

ILLUSTRATED TALK, JUNIOR DIVISION
Proficiency Event #4

Judge's Number _____ Participant # _____

Instructions for Judges: Circle points for each criterion. Where information or evidence is missing, assign "0". Compute total points. Make comments, if applicable.

Title of Talk: _____

Criteria	Possible Points	Excellent	Very Good	Good	Fair	Poor	Comments
Content							
1. Relationship to home economics	10	10	9	8	7	6	
2. *Knowledge of subject	20	20	18	16	14	12	
3. How FHA members can address issue	10	10	9	8	7	6	
Visual Aids							
4. Visibility to audience	5	5	4	3	2	1	
5. Effective/educational	5	5	4	3	2	1	
6. Complementary/suitable	5	5	4	3	2	1	
Oral Presentation							
7. **Introduction	10	10	9	8	7	6	
8. Pitch/tempo/volume	10	10	9	8	7	6	
9. Gestures/mannerisms	5	5	4	3	2	1	
10. Grammar/pronunciation	10	10	9	8	7	6	
11. Summary	5	5	4	3	2	1	
Information Packet							
12. Information complete	5	5	4	3	2	1	

TOTAL POSSIBLE POINTS: 100 TOTAL SUM OF POINTS: _____

MINIMUM SCORE FOR PROFICIENCY RATING = 85% OF TOTAL POINTS SUMMED FROM ALL JUDGES

*1st Tie Breaker
**2nd Tie Breaker

ILLUSTRATED TALK, SENIOR DIVISION
Proficiency Event #5

EVENT DESCRIPTION

The Illustrated Talk, Senior, Event recognizes members for their ability to make a presentation about issues concerning areas of home economics. Individual FHA/HERO members will present a prepared speech with the use of props such as charts, posters, pictures, real objects, puppets, and media. They are not factual lectures or "how to" demonstrations. The intent is to present views on issues in home economics and how FHA/HERO members can address the issues.

EVENT CATEGORY:
____ Chapter
__x__ General
____ Consumer Home Economics
____ Occupational Home Economics

EVENT TYPE:
__x__ Individual
____ Team
____ Individual or Team

NUMBER OF PARTICIPANTS: 1

LEVELS OF RECOGNITION: __x__ Regional __x__ State __x__ National

GRADE LEVEL: ____ 7 ____ 8 ____ 9 __x__ 10 __x__ 11 __x__ 12

COURSE REQUIREMENTS FOR ELICIBILITY: Students who are currently enrolled in or have successfully completed a home economics course.

COMPETENCY GOALS

Future Homemakers of America is an integral part of the home economics education curriculum. Competency goals from all home economics courses are applicable to this event.

RULES FOR EVENT PARTICIPATION

1. Participants must comply with General Rules and Regulations.

2. The state first-place winner will be North Carolina's entry in the National STAR Event competition.

3. The illustrated talk is a 5-10 minute speech presentation prepared prior to the event and supported by visual aids about issues affecting the quality of individual and family life or occupational preparation. The issue chosen should be one that:

   - represents a concern of youths and of the participant
   - reflects current social or economic issues
   - can be addressed by an FHA/HERO chapter

4. The area chosen must be an issue related to one of the areas of study in Consumer Home Economics Education or Occupational Home Economics listed below.

Consumer Home Economics Education

- family relations
- parenting and child development
- food and nutrition
- clothing and textiles
- interior design and housing
- life management skills
- consumer choices
- managing home and work responsibilities

Occupational Home Economics

- child care
- services to the elderly
- food service
- clothing
- home furnishings and equipment
- institutional and home management

5. The presentation should:

- discuss the issue
- state how the issue related to individual or family life
- discuss how FHA/HERO members can address the issue

6. Factual lectures and "how to" demonstrations do not qualify as illustrated talks in this event.

7. Participants are required to show proof they have presented this talk prior to participation in the event. This would include photo, news displays, letters of invitation, or thank you notes.

8. An entrant may use any combination of activities or visual aids with the necessary portable equipment. Suggested aids include puppets, posters, slides, cassettes, charts, and other media.

9. Notes may be used during the presentation.

10. The judges may ask a few questions to:

- clarify any points
- determine knowledge of the subject matter

REQUIRED PROCEDURES FOR PARTICIPANTS

1. Each participant must submit to the event manager during the orientation session, three typed copies of an information packet (placed in a 9" x 11 3/4" manila file folder) consisting of:

   - a cover sheet with participant's name and topic
   - an outline of the presentation
   - references used - publications, books
   - date, location, and proof of prior illustrated talk presentation (photo, news clippings, letter of invitation, or thank you note)

   The presentation and information packet must be the work of the student.

2. Participants will have five minutes to set up for the presentation.

3. Participants may use a watch or clock. Time notifications will be given at 5, 7, and 9 minutes. At the end of 10 minutes, participants will be asked to stop.

4 Participants will be evaluated on:

   - knowledge of the subject matter and issues presented
   - visual aids used in the presentation
   - effectiveness of the presentation
   - information packet prepared for evaluators

SUPPLIES, EQUIPMENT, AND MATERIALS

To Be Provided By Participants

Information packet
Props

To Be Provided By Event Manager

Calculator
Timing device
Warning cards, stop card
Judges' rating sheets
Pens

To Be Provided At Host Facility

Tables
Lectern or speaker's stand
Electricity

To Be Provided By State Office

None

ILLUSTRATED TALK, SENIOR DIVISION
Proficiency Event #5

Judge's Number _____ Participant # _____

Instructions for Judges: Circle points for each criterion. Where information or evidence is missing, assign "0". Compute total points. Make comments, if applicable.

Title of Talk: _____

Criteria	Possible Points	Excellent	Very Good	Good	Fair	Poor	Comments
Content							
1. Relationship to home economics	10	10	9	8	7	6	
2. *Knowledge of subject	20	20	18	16	14	12	
3. How FHA/HERO members can address issue	10	10	9	8	7	6	
Visual Aids							
4. Visibility to audience	5	5	4	3	2	1	
5. Effective/educational	5	5	4	3	2	1	
6. Complementary/suitable	5	5	4	3	2	1	
Oral Presentation							
7.**Introduction	10	10	9	8	7	6	
8. Pitch/tempo/volume	10	10	9	8	7	6	
9. Gestures/mannerisms	5	5	4	3	2	1	
10. Grammar/pronunciation	10	10	9	8	7	6	
11. Summary	5	5	4	3	2	1	
Information Packet							
12. Information complete	5	5	4	3	2	1	

TOTAL POSSIBLE POINTS: 100 TOTAL SUM OF POINTS: _____

MINIMUM SCORE FOR PROFICIENCY RATING = 85% OF TOTAL POINTS SUMMED FROM ALL JUDGES

*1st Tie Breaker
**2nd Tie Breaker

JOB APPLICATION AND INTERVIEW, JUNIOR DIVISION
Proficiency Event #6

EVENT DESCRIPTION

The Job Application and Interview, Junior, Event recognizes members who satisfactorily complete a job application form, participate in an interview, and communicate a personal understanding of and the ability to perform home economics job requirements.

EVENT CATEGORY:
____ Chapter
____ General
__x__ Consumer Home Economics
____ Occupational Home Economics

EVENT TYPE:
__x__ Individual
____ Team
____ Individual or Team

NUMBER OF PARTICIPANTS: 1

LEVELS OF RECOGNITION: __x__ Regional __x__ State __x__ National

GRADE LEVEL: __x__ 7 __x__ 8 __x__ 9 ____ 10 ____ 11 ____ 12

COURSE REQUIREMENTS FOR ELIGIBILITY: Students who are currently enrolled in or have successfully completed one of the following home economics courses: 7008 - Exploring Home Economics, 7015 - Teen Living, 7035 - Clothing and Textiles, 7045 - Foods and Nutrition, 7055 - Interior Design and Housing, and 7065 - Parenting and Child Development.

COMPETENCY GOALS

7008-01: Explain how roles and personal traits help to define self.
7008-07: Explain the importance of caring for children in a responsible manner.
7008-13: Identify ways planning facilitates goal attainment.
7015-02: Describe ways in which FHA/HERO can develop leadership and lead to career opportunities.
7015-06: Describe factors to consider in career planning.
7035-32: Describe job opportunities in the clothing and home interiors industry.
7045-46: Analyze career opportunities in the foods and nutrition field.
7055-20: Explore career opportunities related to interior decorating.
7055-37: Explore career opportunities related to providing and maintaining housing.
7065-40: Identify wage-earning occupations and careers which use skills developed in the study of children.

RULES FOR EVENT PARTICIPATION

1. Participants must comply with General Rules and Regulations.

2. Participants will apply for a job requiring a home economics background (example: child care, food service, community and home service, fabric and textile apparel). All positions should be ones for which the student is presently qualified. Participants are to use factual information throughout the application process and interview.

3. Jobs appropriate for junior division are any jobs using home economics skills (example: babysitting).

4. The following information is to be prepared in advance. All information must be typed. Submit three copies of each of the following items (on 8 1/2" x 11" paper in a 9" x 11 3/4" manila file folder) to the event manager at the orientation session.

   - job specification sheet: name of employer, business size, job title, short job description, hours, wages typically offered for this job
   - resume
   - letter of application: addressed to employer indicated in job specification sheet
   - two letters of recommendation: one from a school official, counselor or teacher; one from an employer or other source; additional letters will not be considered in the evaluation process.

5. All materials, other than letters of recommendation, must be the work of the student.

6. The state first-place winner will be North Carolina's entry in the National STAR Event competition.

REQUIRED PROCEDURES FOR PARTICIPANTS

1. At the event site, participants must complete an application form in the presence of the event manager. Resources such as a copy of the resume, dictionary, and reference cards may be used in completing the application. The application form will ask for the following information:

   - personal information - name, address, social security number
   - education - name and address of schools attended, dates of attendance, extracurricular activities
   - former employment - dates of employment, names and addresses of employers, salary, reason for leaving
   - references - those people listed in the information folder
   - information about the job desired, including salary expected

2. All application forms must be completed in ink; entrants must provide their own pens. Approximately 30 minutes will be allowed. The time and location of this activity will be announced at the orientation session. Applications will be completed on the day of the event just prior to the interview.

3. Participants should dress in appropriate attire for an interview.

4. The evaluators will conduct a 10-minute interview. Sample questions are listed below; however, evaluators may ask other questions.

   - How does this job relate to Home Economics in your state?
   - What preparation have you had for this job?
   - What would you like most about this job?
   - In what extracurricular activities are you presently involved?
   - What do you want to be doing five years from now?
   - Do you like to work with other people or would you rather work alone?
   - What skills do you possess that will make you successful in this job?
   - Why do you want this job?
   - What do you consider to be your greatest strengths?

5. After the interview, the participant will have 15 minutes to compose an interview follow-up letter in the presence of the event manager. The entrant may not use notes. The letter must be written in ink. Paper will be provided but participants must provide their own pens. The letter should include:

- appreciation for the interview
- further information not stated during the interview, if any
- whether or not the participant is still interested in the job

SUPPLIES, EQUIPMENT, AND MATERIALS

To Be Provided By Participants

Pen
Resources such as a resume, dictionary, or reference cards
Information folders:
  job specification sheet
  resume
  letter of application
  two letters of application

To Be Provided By Event Manager

Calculator
Paper for follow-up letters
Pens
Timing device

To Be Provided At Host Facility

Application/Follow-Up letter room

To Be Provided By State Office

Job applications
Judges' rating sheets

JOB APPLICATION AND INTERVIEW, JUNIOR DIVISION
Proficiency Event #6

Judge's Number _____ Participant # _____

Instructions for Judges: Circle points for each criterion. Where information or evidence is missing, assign "0". Compute total points. Make comments, if applicable.

Criteria	Possible Points	Excellent	Very Good	Good	Fair	Poor	Comments
Interview							
1. *Appropriate interview attire	5	5	4	3	2	1	
2. Neatly groomed, good posture	5	5	4	3	2	1	
3. Friendly, poised personality	15	15	13	11	9	7	
4. Job knowledge	15	15	13	11	9	7	
5. Job qualifications	5	5	4	3	2	1	
Information Folder							
6. Job specification sheet complete	5	5	4	3	2	1	
7. Resume complete and appropriate	10	10	9	8	7	6	
8. Well-written letter of application	5	5	4	3	2	1	
9. Appropriate letters of recommendation	5	5	4	3	2	1	
10. Presented neatly and professionally	10	10	9	8	7	6	
Application Form and Follow-Up Letter							
11. **Application form complete	10	10	9	8	7	6	
12. Appropriate business letter	5	5	4	3	2	1	
13. Neat, legible, grammar	5	5	4	3	2	1	

TOTAL POSSIBLE POINTS: 100 TOTAL SUM OF POINTS: _____

MINIMUM SCORE FOR PROFICIENCY RATING = 85% OF TOTAL POINTS SUMMED FROM ALL JUDGES

*1st Tie Breaker
**2nd Tie Breaker

JOB APPLICATION AND INTERVIEW, SENIOR CONSUMER HOME ECONOMICS DIVISION
Proficiency Event #7

EVENT DESCRIPTION

The Job Application and Interview, Senior Consumer Home Economics, Event recognizes members who satisfactorily complete a job application form, participate in an interview, and communicate a personal understanding of and the ability to perform home economics job requirements.

EVENT CATEGORY:
____ Chapter
____ General
__x__ Consumer Home Economics
____ Occupational Home Economics

EVENT TYPE:
__x__ Individual
____ Team
____ Individual or Team

NUMBER OF PARTICIPANTS: 1

LEVELS OF RECOGNITION: __x__ Regional __x__ State __x__ National

GRADE LEVEL: ____ 7 ____ 8 ____ 9 __x__ 10 __x__ 11 __x__ 12

COURSE REQUIREMENTS FOR ELIGIBILITY: Students who are currently enrolled in or have successfully completed one of the following home economics courses: 7015 - Teen Living, 7025 - Independent Living, 7035 - Clothing and Textiles, 7045 - Foods and Nutrition, 7055 - Interior Design and Housing, and 7065 - Parenting and Child Development.

COMPETENCY GOALS

7015-02: Describe ways in which FHA/HERO can develop leadership and lead to career opportunities.
7015-06: Describe factors to consider in career planning.
7025-14: Synthesize factors to be considered when selecting an occupation.
7025-15: Identify existing and emerging occupational opportunities for self.
7025-25: Develop a personal plan for becoming employable.
7025-26: Use skills related to securing employment.
7035-32: Describe job opportunities in the clothing and home interiors industry.
7045-46: Analyze career opportunities in the foods and nutrition field.
7055-20: Explore career opportunities related to interior decorating.
7055-37: Explore career opportunities related to providing and maintaining housing.
7065-40: Identify wage-earning occupations and careers which use skills developed in the study of children.

RULES FOR EVENT PARTICIPATION

1. Participants must comply with General Rules and Regulations.

2. Participants will apply for a job requiring a home economics background (example: child care, commercial foods, custom fashions and interiors). All positions should be ones for which the student is presently qualified. Participants are to use factual information throughout the application process and interview.

3. Jobs appropriate for senior division are any jobs using home economics skills that do not require intensive occupational training at the high school level (example: selling fabric).

4. The following information is to be prepared in advance. All information must be typed. Submit three copies of each of the following items (on 8 1/2" x 11" paper in a 9" x 11 3/4" manila file folder) to the event manager at the orientation session.

   - job specification sheet: name of employer, business size, job title, short job description, hours, wages typically offered for this job
   - resume
   - letter of application: addressed to employer indicated in job specification sheet
   - two letters of recommendation: one from a school official, counselor or teacher; one from an employer or other source; additional letters will not be considered in the evaluation process.

5. All materials, other than letters of recommendation, must be the work of the student.

6. The state first-place winner will be North Carolina's entry in the National STAR Event competition.

REQUIRED PROCEDURES FOR PARTICIPANTS

1. At the event site , participants must complete an application form in the presence of the event manager. Resources such as a copy of the resume, dictionary, and reference cards may be used in completing the application. The application form will ask for the following information:

   - personal information - name, address, social security number
   - education - name and address of schools attended, dates of attendance, extracurricular activities
   - former employment - dates of employment, names and addresses of employers, salary, reason for leaving
   - references - those people listed in the information folder
   - information about the job desired, including salary expected

2. All application forms must be completed in ink; entrants must provide their own pens. Approximately 30 minutes will be allowed. The time and location of this activity will be announced at the orientation session. Applications will be completed on the day of the event just prior to the interview.

3. Participants should dress in appropriate attire for an interview.

4. The evaluators will conduct a 10-minute interview. Sample questions are listed below; however, evaluators may ask other questions.

   - How does this job relate to Home Economics in your state?
   - What preparation have you had for this job?
   - What would you like most about this job?
   - In what extracurricular activities are you presently involved?
   - What do you want to be doing five years from now?
   - Do you like to work with other people or would you rather work alone?
   - What skills do you possess that will make you successful in this job?
   - Why do you want this job?
   - What do you consider to be your greatest strengths?

5. After the interview, the participant will have 15 minutes to compose an interview follow-up letter in the presence of the event manager. The entrant may not use notes. The letter must be written in ink. Paper will be provided but participants must provide their own pens. The letter should include:

- appreciation for the interview
- further information not stated during the interview, if any
- whether or not the participant is still interested in the job

SUPPLIES, EQUIPMENT, AND MATERIALS

To Be Provided By Participants

Pen
Resources such as a resume, dictionary, or reference cards
Information folders:
  job specification sheet
  resume
  letter of application
  two letters of application

To Be Provided By Event Manager

Calculator
Paper for follow-up letters
Pens
Timing device

To Be Provided At Host Facility

Application/Follow-Up letter room

To Be Provided By State Office

Job applications
Judges' rating sheets

JOB APPLICATION AND INTERVIEW, SENIOR CONSUMER HOMEMAKING DIVISION
Proficiency Event #7

Judge's Number _____ Participant # _____

Instructions for Judges: Circle points for each criterion. Compute total points. Make comments, if applicable.

Criteria	Possible Points	Excellent	Very Good	Good	Fair	Poor	Comments
Interview							
1. *Appropriate interview attire	5	5	4	3	2	1	
2. Neatly groomed, good posture	5	5	4	3	2	1	
3. Friendly, poised personality	15	15	13	11	9	7	
4. Job knowledge	15	15	13	11	9	7	
5. Job qualifications	5	5	4	3	2	1	
Information Folder							
6. Job specification sheet complete	5	5	4	3	2	1	
7. Resume complete and appropriate	10	10	9	8	7	6	
8. Well-written letter of application	5	5	4	3	2	1	
9. Appropriate letters of recommendation	5	5	4	3	2	1	
10. Presented neatly and professionally	10	10	9	8	7	6	
Application Form and Follow-Up Letter							
11.**Application form complete	10	10	9	8	7	6	
12. Appropriate business letter	5	5	4	3	2	1	
13. Neat, legible, grammar	5	5	4	3	2	1	

TOTAL POSSIBLE POINTS: 100 TOTAL SUM OF POINTS: _____

MINIMUM SCORE FOR PROFICIENCY RATING = 85% OF TOTAL POINTS SUMMED FROM ALL JUDGES

*1st Tie Breaker
**2nd Tie Breaker

JOB APPLICATION AND INTERVIEW, SENIOR OCCUPATIONAL DIVISION
Proficiency Event #8

EVENT DESCRIPTION

The Job Application and Interview, Senior Occupational Event recognizes members who satisfactorily complete a job application form, participate in an interview, and communicate a personal understanding of and the ability to perform home economics job requirements.

EVENT CATEGORY:
____ Chapter
____ General
____ Consumer Home Economics
__x__ Occupational Home Economics

EVENT TYPE:
__x__ Individual
____ Team
____ Individual or Team

NUMBER OF PARTICIPANTS: 1

LEVELS OF RECOGNITION: __x__ Regional __x__ State __x__ National

GRADE LEVEL: ____ 7 ____ 8 ____ 9 __x__ 10 __x__ 11 __x__ 12

COURSE REQUIREMENTS FOR ELIGIBILITY: Students who are currently enrolled in or have successfully completed one of the following home economics course: 7111 - Child Care Services I, 7112 - Child Care Services II, 7121 - Commercial Foods I, 7122 - Commercial Foods II, 7131 - Custom Fashions and Interiors I, 7132 - Custom Fashions and Interiors II, 7141 - Home Economics Cooperative Education I, any home economics related work site, 7142 - Home Economics Cooperative Education II, any home economics related work site.

COMPETENCY GOALS

7111-23: Locate opportunities for employment and evaluate a child care occupation.
7112-15: Make a child care career plan.
7112-16: Analyze ways to obtain a job and successfully progress on the job.
7121-02: Describe personal qualities which lead to job success in food management, production, and services.
7122-20: Describe information and skills required for successful small business management.
7131-09: Practice habits and skills which ensure career success.
7131-10: Identify custom fashions and interiors career opportunities.
7132-08: Locate employment opportunities and practice appropriate "job getting" skills in order to secure employment.
7141-03: Demonstrate personal growth through participation in FHA/HERO.
7141-04: Explain the role of work in a person's life.
7141-05: Assess personal qualifications for career planning.
7141-06: Follow procedures for obtaining a job.
7142-03: Participate in FHA/HERO.
7142-04: Assess personal career objective.
7142-05: Prepare a portfolio to use after graduation.

RULES FOR EVENT PARTICIPATION

1. Participants must comply with General Rules and Regulations.

2. Participants will apply for a job requiring a home economics background (example: child care, commercial foods, custom fashions and interiors). All positions should be ones for which the student is presently qualified. Participants are to use factual information throughout the application process and interview.

3. Jobs appropriate for senior occupational division are any jobs using skills learned in occupational home economics programs at the high school level (example: cook, child care aide).

4. The following information is to be prepared in advance. All information must be typed. Submit three copies of each of the following items (on 8 1/2" x 11" paper in a 9" x 11 3/4" manila file folder) to the event manager at the orientation session.

   - job specification sheet: name of employer, business size, job title, short job description, hours, wages typically offered for this job
   - resume
   - letter of application: addressed to employer indicated in job specification sheet
   - two letters of recommendation: one from a school official, counselor or teacher; one from an employer or other source; additional letters will not be considered in the evaluation process.

5. All materials, other than letters of recommendation, must be the work of the student.

6. The state first-place winner will be North Carolina's entry in the National STAR Event competition.

REQUIRED PROCEDURES FOR PARTICIPANTS

1. At the event site, participants must complete an application form in the presence of the event manager. Resources such as a copy of the resume, dictionary, and reference cards may be used in completing the application. The application form will ask for the following information:

   - personal information - name, address, social security number
   - education - name and address of schools attended, dates of attendance, extracurricular activities
   - former employment - dates of employment, names and addresses of employers, salary, reason for leaving
   - references - those people listed in the information folder
   - information about the job desired, including salary expected

2. All application forms must be completed in ink; entrants must provide their own pens. Approximately 30 minutes will be allowed. The time and location of this activity will be announced at the orientation session. Applications will be completed on the day of the event just prior to the interview.

3. Participants should dress in appropriate attire for an interview.

4. The evaluators will conduct a 10-minute interview. Sample questions are listed below; however, evaluators may ask other questions.

- How does this job relate to Home Economics in your state?
- What preparation have you had for this job?
- What would you like most about this job?
- In what extracurricular activities are you presently involved?
- What do you want to be doing five years from now?
- Do you like to work with other people or would you rather work alone?
- What skills do you possess that will make you successful in this job?
- Why do you want this job?
- What do you consider to be your greatest strengths?

5. After the interview, the participant will have 15 minutes to compose an interview follow-up letter in the presence of the event manager. The entrant may not use notes. The letter must be written in ink. Paper will be provided but participants must provide their own pens. The letter should include:

- appreciation for the interview
- further information not stated during the interview, if any
- whether or not the participant is still interested in the job

SUPPLIES, EQUIPMENT, AND MATERIALS

To Be Provided By Participants

Pen
Resources such as a resume,
dictionary, or reference cards
Information folders:
job specification sheet
resume
letter of application
two letters of application

To Be Provided By Event Manager

Calculator
Paper for follow-up letters
Pens
Timing device

To Be Provided At Host Facility

Application/Follow-Up letter room

To Be Provided By State Office

Job applications
Judges' rating sheets

JOB APPLICATION AND INTERVIEW, SENIOR OCCUPATIONAL DIVISION
Proficiency Event #8

Judge's Number _____ Participant # _____

Instructions for Judges: Circle points for each criterion. Where information or evidence is missing, assign "0". Compute total points. Make comments, if applicable.

Criteria	Possible Points	Excellent	Very Good	Good	Fair	Poor	Comments
Interview							
1. *Appropriate interview attire	5	5	4	3	2	1	
2. Neatly groomed, good posture	5	5	4	3	2	1	
3. Friendly, poised personality	15	15	13	11	9	7	
4. Job knowledge	15	15	13	11	9	7	
5. Job qualifications	5	5	4	3	2	1	
Information Folder							
6. Job specification sheet complete	5	5	4	3	2	1	
7. Resume complete and appropriate	10	10	9	8	7	6	
8. Well-written letter of application	5	5	4	3	2	1	
9. Appropriate letters of recommendation	5	5	4	3	2	1	
10. Presented neatly and professionally	10	10	9	8	7	6	
Application Form and Follow-Up Letter							
11.**Application form complete	10	10	9	8	7	6	
12. Appropriate business letter	5	5	4	3	2	1	
13. Neat, legible, grammar	5	5	4	3	2	1	

TOTAL POSSIBLE POINTS: 100 TOTAL SUM OF POINTS: _____

MINIMUM SCORE FOR PROFICIENCY RATING = 85% OF TOTAL POINTS SUMMED FROM ALL JUDGES

*1st Tie Breaker
**2nd Tie Breaker

COMPARISON SHOPPING
Proficiency Event #9

EVENT DESCRIPTION

The Comparison Shopping Event allows individual FHA/HERO members to exhibit comparative shopping practices. Participants will select, purchase, pay for purchases with a check, and orally explain the decision-making steps followed in making the selection. The event consists of the two simulations, check-writing, and oral explanation.

EVENT CATEGORY:
____ Chapter
____ General
_x_ Consumer Home Economics
____ Occupational Home Economics

EVENT TYPE:
_x_ Individual
____ Team
____ Individual or Team

NUMBER OF PARTICIPANTS: 1

LEVELS OF RECOGNITION: _x_ Regional _x_ State ____ National

GRADE LEVEL: _x_ 7 _x_ 8 _x_ 9 _x_ 10 _x_ 11 _x_ 12

COURSE REQUIREMENTS FOR ELIGIBILITY: Students who are currently enrolled in or have sucessfully completed one of the following home economics courses: 7008 - Exploring Home Economics, 7015 - Teen Living, or 7025 - Independent Living.

COMPETENCY GOALS

7008-25: Identify factors to be considered in setting and achieving consumer goals.
7008-29: Tell ways technology affects consumers.
7008-30: Enhance basic learning skills through consumer education.
7015-08: Apply knowledge and skills in buying, storing, and serving food.
7015-16: Assess consumerism in terms of needs versus wants.
7015-17: Evaluate responsible buymanship practices.
7015-28: Examine personal and family resource management.
7025-05: Explain the influence of conscious decision making on goal attainment.
7025-06: Demonstrate effective use of resources.
7025-11: Explain the relationship of resources to lifestyle

RULES FOR EVENT PARTICIPATION

1. The participant must comply with General Rules and Regulations.

2. Supplies, equipment, and materials used during the event will be provided by the event manager.

REQUIRED PROCEDURES FOR PARTICIPANTS

1. The event will consist of judging the participant's performance in a consumer simulation. The store will contain 3 separate stations. The participant will be allowed 5 minutes at each station. Participant will be stopped at the end of the 5 minute allotment per station. If there is unused time at a particular station, it may not be added to the next station's time.

2. Participant will visit departments in a simulated store with three items available in each department. The participant will:

   - Determine the "best buy" from each station containing products. Using a decision-making process, choose one product at each station.
   - Select purchases considering goals, attitudes, and priorities.
   - Be able to explain the decision-making process they used to the judges.

3. While in the "food department", the participant will compute unit price of each of three similar items, such as orange juice; frozen, fresh, and canned (3 of a kind items).

4. While in the "clothing department", the participant will compare labeling information of three similar items, such as slacks, shirts, belts, etc. (3 of a kind item).

5. Participant will be given 5 minutes per station to draw conclusions about how and why their purchases were made and the alternatives for the decision.

6. Participant will total the two purchases and write a check and stub to the SIMULATED STORE for total amount. Checks will be written for the cost of the purchase plus 5% sales tax. Participant will prepare to explain consumer choices, unit price of food item, and labeling information of clothing item. Five minutes will be allotted at table labeled "Check-Writing/Presentation Station."

7. In judge's room, participant will give a 3-5 minute presentation as prepared in "5" and "6" above, including explanation of consumer choices, unit pricing, and label comparison. When entering the judging room, participant will present the check to judges. Participant must present the decision-making steps for the choices.

8. Five minutes will be allotted for answering a prepared question related to items purchased regarding consumer complaints. Judges may ask any other questions concerning the participant's decision.

9. Participants will not be allowed to bring prewritten notes. Paper and pencils will be provided for participants use in simulated store to prepare for presentation to judges. A calculator may be used by participant. The participant must secure it if used.

10. No talking among participants will be allowed during and/or following participation while judging is in progress.

SUPPLIES, EQUIPMENT, AND MATERIALS

To Be Provided By Participants

Calculator (optional)

To Be Provided By Event Manager

Calculator
Three comparably labeled food items that would allow for unit pricing
Three labeled clothing items that would allow for label comparison
Timing device
Pens
Paper
Pencil

To Be Provided At Host Facility

Three tables for stations

To Be Provided By State Office

Blank checks with stubs
Judges' rating sheets

COMPARISON SHOPPING
Proficiency Event #9

Judge's Number _____ Participant # _____

Instructions for Judges: Circle points for each criterion. Where information or evidence is missing, assign "0". Compute total points. Make comments, if applicable.

Criteria	Possible Points	Excellent	Very Good	Good	Fair	Poor	Comments
Consumer Simulation							
1. Used available information wisely	10	10	9	8	7	6	
2. Based selections upon given items	10	10	9	8	7	6	
3. Made decisions within specified time limits	5	5	4	3	2	1	
Unit Pricing							
4. Accuracy of computations	10	10	9	8	7	6	
Check-writing							
5. Accuracy of total costs	5	5	4	3	2	1	
6. Acceptability of check writing form and legibility of entries on both check and stub or register	5	5	4	3	2	1	
7. Completeness of check data and stub or register data	5	4	4	3	2	1	
Oral Responses							
8. *Logic of conclusions in making selections	20	20	18	16	14	12	
9. **Decision-making process defined and interpreted	20	20	18	16	14	12	
10. Responses well-organized and include major concepts	10	10	9	8	7	6	

TOTAL POSSIBLE POINTS: 100 TOTAL SUM OF POINTS: _____

MINIMUM SCORE FOR PROFICIENCY RATING = 85% OF TOTAL POINTS SUMMED FROM ALL JUDGES

*1st Tie Breaker
**2nd Tie Breaker

THE GROWINC CHILD DISPLAY
Proficiency Event #10

EVENT DESCRIPTION

The Growing Child Display requires FHA members to prepare a display that will illustrate a concept related to development, parenting, or care of infants, toddlers, or preschoolers. The event will consist of the display, a two-page typed summary, and response to oral questions from the judges.

EVENT CATEGORY:
____ Chapter
____ General
__x__ Consumer Home Economics
____ Occupational Home Economics

EVENT TYPE:
____ Individual
____ Team
__x__ Individual or Team

NUMBER OF PARTICIPANTS: 1-3

LEVELS OF RECOGNITION: __x__ Regional __x__ State ____ National

GRADE LEVEL: __x__ 7 __x__ 8 __x__ 9 __x__ 10 __x__ 11 __x__ 12

COURSE REQUIREMENTS FOR ELIGIBILITY: Students who are currently enrolled in or have successfully completed one of the following home economics courses: 7008 - Exploring Home Economics, 7015 - Teen Living, 7025 - Independent Living, or 7065 - Parenting and Child Development.

COMPETENCY GOALS

7008-07: Explain the importance of caring for children in a responsible manner.
7015-10: Examine reasons for quality interaction between younger children and teens.
7015-11: Describe children's development.
7025-24: Explain the responsibilities of parenthood.
7065-01: Describe parenthood.
7065-09: Analyze the parenting roles and relationships of teenage parents.
7065-10: Analyze special parenting concerns in today's environment.
7065-15: Plan a nutritionally adequate diet for a healthy mother and child.
7065-21: Outline parenting skills that encourage the growth and development of children.
7065-23: Outline ways the infant grows and develops emotionally and socially.
7065-24: Outline ways the infant grows and develops mentally.
7065-25: Analyze ways to encourage the growth and development of children during infancy.
7065-26: Describe ways to encourage the growth and development of infants by providing for their nutritional needs.
7065-27: Outline ways the toddler grows and develops physically.
7065-28: Outline ways the toddler grows and develops emotionally and socially.
7065-29: Outline ways the toddler grows and developes mentally.
7065-30: Analyze ways to encourage growth and development during toddlerhood.
7065-31: Describe ways to encourage the growth and development of toddlers by providing for their nutritional needs.
7065-32: Outline ways the preschooler grows and develops physically.
7065-33: Outline ways the preschooler grows and develops emotionally and socially.

7065-34: Outline ways the preschooler grows and develops mentally.
7065-35: Analyze ways to encourage growth and development of the preschooler.
7065-36: Describe ways to enhance the growth and development of the preschooler by providing for his/her nutritional needs.

RULES FOR EVENT PARTICIPATION

1. Students must comply with General Rules and Regulations.

2. Prepare an identification card to be given to the event manager during orientation. See General Rules and Regulations for card information.

3. The display shall be the work of the participants.

REQUIRED PROCEDURES FOR PARTICIPANTS

Before the Event

1. Select a theme or concept related to the development, parenting or care of infants, toddlers, or preschoolers in the home environment. The theme of the display should be incorporated in the form of a sign or lettering on the back drop.

2. Prepare a display that illustrates the selected concept related to development, parenting, or care of infants (ages 0-1), toddlers (ages 1-3), or preschoolers (ages 3-5).

   - The display shall not exceed 30" deep x 60" wide x 72" high from the floor or 48" above the table.
   - The display may use self-explanatory materials that accurately describe the concept illustrated. Visuals may include photographs, sketches, magazine pictures, or real materials used in caring for children.

3. Prepare three typed copies of the written summary which shall be no more than two 8 1/2" x 11" typewritten sheets carrying the concept or theme, rationale, a summary paragraph of the display concept's major points, goal, or object of the display, target audience, step-by-step use of the FHA/HERO planning process (see Handbook for Youth-Centered Leadership, page 26).

During the Event

4. Participants will have 30 minutes to set up the display in the space designated by the event manager.

5. At the designated time, the participants will make a 5-10 minute oral presentation of the concept illustrated in the display.

6. Following the oral presentation, the judges will question the participants about their display for 5-10 minutes.

SAMPLE QUESTIONS

1. Discuss the factors that should be considered when caring for infants, toddlers, or preschoolers in the home.

2. Give examples of ways that play materials can be used to teach young children concepts and skills in physical, social, emotional, and intellectual areas of development.

3. Why is it important to understand the development of young children?

4. What information does a good babysitter need to know?

SUPPLIES, EQUIPMENT, AND MATERIALS

To Be Provided By Participants

Display materials
Identification card (see general rules)

To Be Provided By Event Manager

Calculator
Pens
Measuring tape
Timing device

To Be Provided At Host Facility

Tables
Electricity

To Be Provided By State Office

Judges' rating sheets

THE GROWING CHILD DISPLAY
Proficiency Event #10

Judge's Number _____ Participant # _____

Instructions for Judges: Circle points for each criterion. Where information or evidence is missing, assign "0". Compute total points. Make comments, if applicable.

Criteria	Possible Points	Excellent	Very Good	Good	Fair	Poor	Comments
Educational Content							
1. Reflects current knowledge	5	5	4	3	2	1	
2. Evidence of use of variety of available resources	5	5	4	3	2	1	
3. Illustrates in-depth research	5	5	4	3	2	1	
4. *Shows knowledge of child care, parenting, or child development through written, visual, and oral presentation	15	15	14	13	12	11	
5. Suitable for target audience	5	5	4	3	2	1	
6. Visuals appropriate for the concept illustrated	10	10	9	8	7	6	
Summary Sheet							
7. Rationale explained	5	5	4	3	2	1	
8. Defined goals or objective clearly	5	5	4	3	2	1	
9. Summary paragraph of display includes major points	5	5	4	3	2	1	
10. FHA/HERO planning process used	5	5	4	3	2	1	
Oral Presentation							
11. Logical presentation of thoughts within time limits	10	10	9	8	7	6	
12. Clarity of voice	5	5	4	3	2	1	

THE GROWING CHILD DISPLAY
Proficiency Event #10

Judge's Number _____ Participant # _____

Instructions for Judges: Circle points for each criterion. Where information or evidence is missing, assign "0". Compute total points. Make comments, if applicable.

Criteria	Possible Points	Excellent	Very Good	Good	Fair	Poor	Comments
Oral Responses							
13.**Responds to questions with adequate or reasonable answers	10	10	9	6	7	6	
Appearance							
14. Neat, creative, well-organized	5	5	4	3	2	1	
15. Within size specifications	5	5	4	3	2	1	

TOTAL POSSIBLE POINTS: 100 TOTAL SUM OF POINTS: _____

MINIMUM SCORE FOR PROFICIENCY RATING = 85% OF TOTAL POINTS SUMMED FROM ALL JUDGES

*1st Tie Breaker
**2nd Tie Breaker

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LITTLE FRIENDS
Proficiency Event #11

EVENT DESCRIPTION

Little Friends encourages members to apply their knowledge of child development skills in developing a community service project that reaches childen and their families. The event consists of a visual display, a two to three page typed summary of project, and a 5-10 minute oral summation of the project.

EVENT CATEGORY:
____ Chapter
____ General
__x__ Consumer Home Economics
__x__ Occupational Home Economics

EVENT TYPE:
____ Individual
____ Team
__x__ Individual or Team

NUMBER OF PARTICIPANTS: 1-3

LEVELS OF RECOGNITION: __x__ Regional __x__ State __x__ National

GRADE LEVEL: __x__ 7 __x__ 8 __x__ 9 __x__ 10 __x__ 11 __x__ 12

COURSE REQUIREMENTS FOR ELIGIBILITY: Students who are presently enrolled in or have successfully completed one of the following home economics courses: 7008 - Exploring Home Economics, 7015 - Teen Living, 7025 - Independent Living, 7065 - Parenting and Child Development, 7111 - Child Care Services I, 7112 - Child Care Services II, 7141 - Home Economics Cooperative Education I - child care work site, or 7142 - Home Economics Cooperative Education II - child care work site.

COMPETENCY GOALS

7008-07: Explain the importance of caring for children in a responsible manner.
7015-11: Describe children's development.
7025-00: Explain the responsibilities of parenthood.
7065-10: Analyze special parenting concerns in today's environment.
7065-11: Identify sources of community support for parents.
7111-01: Observe children from the accomplishment of developmental tasks.
7111-05: Assist children in developing positive self-concepts.
7111-20: Give examples of care that meets the infant's needs.
7111-21: Give examples of care that meets the toddler's needs.
7111-22: Give examples of care that meets the preschooler's needs.
7112-04: Plan and carry out enrichment activities.
7112-11: Give examples of ways to care for school age children that meets their needs.
7112-12: Examine the types, characteristics, and child care needs of special needs children.
7141-10: Demonstrate proficiency in competencies identified for the occupation.
7142-09: Demonstrate proficiency in competencies identified for the occupation.

RULES FOR EVENT PARTICIPATION

1. Participants must comply with General Rules and Regulations.

2. Participant will plan and conduct a community service project during the current school year with a focus on child development.

3. The project must be the design and work of the student(s).

4. A community service project will:

   - survey the community to determine needed services;
   - be developed using Future Homemakers of America's planning process (identify concerns, set goals, form a plan, act on the plan, and follow up);
   - address a community need of children and their families not being met in another way;
   - provide a unique service that has a positive impact on children;
   - involve community groups that can assist with the project;
   - increase public awareness of child issues;
   - incorporate knowledge of child development.

5. Up to three members may present a team project. A visual table-top display should be prepared in advance of competition. A display consisting of photo, slides, videotapes or other support media will be used to support the information included in the summary. All materials used on the display must be self-explanatory. Each display must include an identification card. See the General Rules and Regulations for card information. The display will not exceed 2 1/2' deep x 4' wide x 4' high.

6. The state first-place winner(s) will be North Carolina's entry in the National STAR Event competition.

REQUIRED PROCEDURES FOR PARTICIPANTS

1. Participants will have 30 minutes to set up project display at the time and in the space designated by the event manager. Only participants may set up display.

2. Each participant must supply three typed copies (8 1/2" x 11" paper in a 9" x 11 3/4" manila file folder) of a two to three page summary to the event manager at the orientation session which includes:

   - rationale for project
   - description of goals and activities
   - how FHA/HERO planning process was used throughout the project
   - description of population served by project
   - identification of community groups cooperatively involved in project
   - information obtained from community survey
   - methods used to inform public of project
   - evaluation of project
   - how this project benefited children and their families

3. The presentation of the community service project shall consist of:

   - a 5-10 minute oral summation of the project that includes the information in the project summary and given at a time designated by the event manager.
   - a visual display (that may consist of photo, slides, videotapes, and other support media) shall be used to support the information included in the summation. A manual, scrapbook, photo album is not considered support media. All materials utilized on the display must be self-explanatory.
   - following the summary, evaluators will question students about their project for 5-10 minutes.

4. Following the evaluation period, all visual displays used to support the presentation are to be available for public viewing. Students must assume responsibility for the safety of all visual materials. The event manager will ask all participants to display their identification cards with the display.

5. Sample questions:

   - How and why did you choose the event?
   - How did you involve community groups?
   - What type of follow-up do you plan for the activity?

SUPPLIES, EQUIPMENT, AND MATERIALS

To Be Provided By Participants

All supplies for display (tapes, pins, audio-visual equipment, etc.)
Three two to three page typed summaries, each in a manila folder
Identification card (see general rules)

To Be Provided By Event Manager

Calculator
Pens
Measuring tape
Timing device

To Be Provided At Host Facility

Tables
Electricity

To Be Provided By State Office

Judges' rating sheets

LITTLE FRIENDS
Proficiency Event #11

Judge's Number _____ Participant # _____

Instructions for Judges: Circle points for each criterion. Where information or evidence is missing, assign "0". Compute total points. Make comments, if applicable.

Criteria	Possible Points	Excellent	Very Good	Good	Fair	Poor	Comments
Community Service Project							
1. **Evidence of application of knowledge of child development	20	20	18	16	14	12	
2. Uniqueness of service	10	10	9	8	7	6	
3. Activities made impact on community	10	10	9	8	7	6	
4. Increased public awareness of child development issues	5	5	4	3	2	1	
5. Met a community need for child care not being met in another way	5	5	4	3	2	1	
6. *Specifications followed: - project rationale - description of goals and activities - planning process used - description of group served - community groups involved - community survey completed - public informed of project - evaluated project - children and families benefited from project	30	30	28	26	24	22	
Presentation							
7. Clear, organized presentation	10	10	9	8	7	6	
8. Well-organized written summary	5	5	4	3	2	1	
9. Effective visual display	5	5	4	3	2	1	

TOTAL POSSIBLE POINTS: 100 TOTAL SUM OF POINTS: _____

MINIMUM SCORE FOR PROFICIENCY RATING = 85% OF TOTAL POINTS SUMMED FROM ALL JUDGES

*1st Tie Breaker
**2nd Tie Breaker

SURVIVAL SEWING
Proficiency Event #12

EVENT DESCRIPTION

The Survival Sewing Event allows FHA members to demonstrate beginning sewing skills. Individual FHA members will recycle a garment, fashion accessory, or home accessory to make it usable. Participants will also repair a garment by replacing a hem stitch, attaching a plain button, and a hook and slide.

EVENT CATEGORY:
____ Chapter
____ General
__x__ Consumer Home Economics
____ Occupational Home Economics

EVENT TYPE:
__x__ Individual
____ Team
____ Individual or Team

NUMBER OF PARTICIPANTS:

LEVELS OF RECOGNITION: __x__ Regional __x__ State ____ National

GRADE LEVEL: __x__ 7 __x__ 8 __x__ 9 __x__ 10 ____ 11 ____ 12

COURSE REQUIREMENTS FOR ELIGIBILITY: Students who are currently enrolled in or have successfully completed either 7008 - Exploring Home Economics or 7015 - Teen Living.

COMPETENCY GOALS

7008-33: Identify procedures necessary for repair and care for clothing.
7015-20: Describe and demonstrate responsible practices in buying and caring for clothing.
7015-21: Perform simple construction procedures.

RULES FOR EVENT PARTICIPATION

1. Participants must comply with General Rules and Regulations.

2. Recycled project must be the work of the participant.

REQUIRED PROCEDURES FOR PARTICIPANTS

1. Prior to the event, the participant will:

- Use decision-making skills to plan the recycling project.
- Recycle a garment, fashion accessory, or home accessory to make it usable.
- Prepare a one-page (8 1/2" x 14") summary of "before" and "after". Pictures or sketches may be included as part of the one-page summary, but not to replace the summary. Summary should show the steps used in decision-making.
- Select or secure a garment(s) of your choice which need(s) the following repairs: blindstitched hem, replacement of four-eyed plain button, and hook and slide.
- Prepare identification card to give to event manager during orientation. See General Rules and Regulations for card information.
- Select appropriate display equipment, if needed, for viewing of your recycled project and garment repair.

2. At the event site, the participant will be:

   - Provided 15 minutes to set up recycled project for viewing, along with summary sheet, and to organize work area.
   - Allowed 60 minutes to complete all of the following repairs: blindstitched hem covering 12" of garment's lower edge, replacement of four-eyed plain button, and replacement of hook and slide. At the end of the 60-minute period, the participant will be stopped.

3. Following judging of event, place repaired garment with recycled project for viewing and attach identification card. See General Rules and Regulations for card information.

SUPPLIES, EQUIPMENT, AND MATERIALS

To Be Provided By Participants

Recycled project
Appropriate display equipment, if needed
Garment(s) needing repairs
Needles, thread, pins, scissors, hem gauge, etc.
One-page summary (8 1/2" x 14")
Four-eyed plain button
Hook and slide
3" x 5" identification card (see general rules)

To Be Provided By Event Manager

Calculator
Pens
Timing device

To Be Provided At Host Facility

Tables
Electricity

To Be Provided By State Office

Judges' rating sheets

SURVIVAL SEWING
Proficiency Event #12

Judge's Number _____ Participant # _____

Instructions for Judges: Circle points for each criterion. Where information or evidence is missing, assign "0". Compute total points. Make comments, if applicable.

Criteria	Possible Points	Excellent	Very Good	Good	Fair	Poor	Comments
1. Decision-making skills	15	15	13	11	9	7	
2. Completeness of information on summary sheet	10	10	9	8	7	6	
3. *Application of sewing skills in recycled project	20	20	18	16	14	12	
4. Organization of work space	5	5	4	3	2	1	
5. **Blindstitched hem---invisible, secure, even stitches; correct thread color	15	15	13	11	9	7	
6. Button---secure, neat stitches; with thread shank; correct thread color	15	15	13	11	9	7	
7. **Hook and slide---secure, neat stitches; anchored hook; correct thread color	15	15	13	11	9	7	
8. General repair completed within time limit	5	5	4	3	2	1	

TOTAL POSSIBLE POINTS: 100 TOTAL SUM OF POINTS: _____

MINIMUM SCORE FOR PROFICIENCY RATING = 85% OF TOTAL POINTS SUMMED FROM ALL JUDGES

*1st Tie Breaker
**2nd Tie Breaker

CREATIVE FASHION DISPLAY
Proficiency Event #13

EVENT DESCRIPTION

The Creative Fashion Display Event allows FHA/HERO members to demonstrate skill in coordination and construction of garments. Individual FHA/HERO members will prepare a free-standing or table display of a completed student constructed garment or outfit, showing accessories, cost, and intended use. The event consists of evaluating the quality of garment construction, selection of fabrics, notions and accessories, and oral presentation.

EVENT CATEGORY:
____ Chapter
____ General
__x__ Consumer Home Economics
__x__ Occupational Home Economics

EVENT TYPE:
__x__ Individual
____ Team
____ Individual or Team

NUMBER OF PARTICIPANTS: 1

LEVELS OF RECOGNITION: __x__ Regional __x__ State ____ National

GRADE LEVEL: ____ 7 ____ 8 __x__ 9 __x__ 10 __x__ 11 __x__ 12

COURSE REQUIREMENTS FOR ELIGIBILITY: Students who are currently enrolled in or have successfully completed one of the following home economics courses: 7035 - Clothing and Textiles, 7131 - Custom Fashions and Interiors I, 7132 - Custom Fashions and Interiors II, 7141 - Home Economics Cooperative Education I - commercial sewing work site, or 7142 - Home Economics Cooperative Education II - commercial sewing work site.

COMPETENCY GOALS

7035-04: Demonstrate skill in selecting and coordinating a pattern, fabric, and notions.
7035-05: Demonstrate skill in pattern and fabric preparation, pattern adjustments, pattern layout, pinning, cutting and marking.
7035-06: Demonstrate skill in staystitching, pin basting, and stitching plain seams.
7035-07: Demonstrate skill in trimming, layering, clipping, notching, and pressing plain seams.
7035-08: Demonstrate skill in selecting and applying seam finishes.
7035-09: Evaluate a sewing project and its uses.
7035-12: Examine the appropriateness of fabrics for garments and occasions.
7035-22: Describe different kinds of fabrics and fabrics used for clothing and home interior products.
7035-26: Demonstrate skill in caring for textile products.
7035-27: Examine factors involved in selecting clothing apparel.
7131-05: Perform skills necessary for production in a commercial setting.
7131-06: Demonstrate assembly line garment construction techniques.
7132-01: Measure a customer and alter a pattern to fit.
7132-02: Construct a garment for a customer.
7141-10: Demonstrate proficiency in competencies identified for the occupation.
7142-09: Demonstrate proficiency in competencies identified for the occupation.

RULES FOR EVENT PARTICIPATION

1. Participants must comply with General Rules and Regulations.

2. All garment construction must be the work of the participant.

3. Thirty minutes will be allowed for set-up of display.

4. The display shall be (a) free-standing, not exceeding a space 4' deep x 5' wide x 6' high or (b) table top, not exceeding a space 2 1/2' deep by 4' wide x 4' high, excluding table height.

REQUIRED PROCEDURES FOR PARTICIPANTS

1. Prior to the event, the participant will:

   - Construct a garment or outfit.
   - Design a display to illustrate the coordination of garment(s) with accessories.
   - Provide calculated cost, intended use, and care of garment(s) at the display.
   - Prepare a 3-minute oral presentation on the appropriateness of style and fabric for the occasion and/or season of the garment. Presentation should include a description of the age, figure, and lifestyle of the wearer of the garment and any unique features of fabric, pattern, or notions.
   - Prepare identification card and give to event manager during orientation.

2. At the event site, the participant will:

   - Set up display.
   - Give a 3-minute oral presentation.
   - Answer judges' questions concerning the display.

   Sample oral questions:

   Why did you select this fabric?
   What new process(es) did you learn in constructing this garment?
   For what occasions would this garment be appropriate?

3. Following judging of event, identification card will be placed on display. See General Rules and Regulations for card information.

SUPPLIES, EQUIPMENT, AND MATERIALS

To Be Provided By Participants

Display supplies
Finished garment or outfit
3" x 5" identification card (see general rules)

To Be Provided By Event Manager

Calculator
Pens
Timing device
Measuring tape

To Be Provided At Host Facility

Tables

To Be Provided By State Office

Judges' rating sheets

CREATIVE FASHION DISPLAY
Proficiency Event #13

Judge's Number _____ Participant # _____

Instructions for Judges: Circle points for each criterion. Where information or evidence is missing, assign "0". Compute total points. Make comments, if applicable.

Criteria	Possible Points	Excellent	Very Good	Good	Fair	Poor	Comments
1. Appropriate selection of fabric and notions	10	10	9	8	7	6	
2. *Quality of workmanship in construction processes	10	10	9	8	7	6	
3. Finishing techniques	10	10	9	8	7	6	
4. Overall garment appearance	10	10	9	8	7	6	
5. Cost calculation	10	10	9	8	7	6	
6. Identification of intended use and care	10	10	9	8	7	6	
7. **Appropriateness of accessories	10	10	9	8	7	6	
8. Space specifications followed	5	5	4	3	2	1	
9. Effectiveness of display	10	10	9	8	7	6	
10. Oral presentation	10	10	9	8	7	6	
11. Oral responses	5	5	4	3	2	1	

TOTAL POSSIBLE POINTS: 100 TOTAL SUM OF POINTS: _____

MINIMUM SCORE FOR PROFICIENCY RATING = 85% OF TOTAL POINTS SUMMED FROM ALL JUDGES

*1st Tie Breaker
**2nd Tie Breaker

FASHION CONSTRUCTION
Proficiency Event #14

EVENT DESCRIPTION

The Fashion Construction Event requires individual FHA/HERO members to construct an unlined jacket using specified construction processes. The event will consist of an examination of the previously completed construction, on-site installation and examination of the second set-in sleeve, and an interview.

EVENT CATEGORY:
____ Chapter
____ General
__x__ Consumer Home Economics
__x__ Occupational Home Economics

EVENT TYPE:
__x__ Individual
____ Team
____ Individual or Team

NUMBER OF PARTICIPANTS: 1

LEVELS OF RECOGNITION: __x__ Regional __x__ State ____ National

GRADE LEVEL: ____ 7 ____ 8 __x__ 9 __x__ 10 __x__ 11 __x__ 12

COURSE REQUIREMENTS FOR ELIGIBILITY: Students who are currently enrolled in or have successfully completed either 7035 - Clothing and Textiles, 7131 - Custom Fashions and Interiors I, or 7132 - Custom Fashions and Interiors II, 7141 - Home Economics Cooperative Education I - commercial sewing work site, or 7142 - Home Economics Cooperative Education II - commercial sewing work site.

COMPETENCY GOALS

7035-04: Demonstrate skill in selecting and coordinating a pattern, fabric, and notions.
7035-05: Demonstrate skill in pattern and fabric preparation, pattern adjustments, pattern layout, pinning, cutting, and marking.
7035-06: Demonstrate skill in staystitching, pin basting, and stitching plain seams.
7035-07: Demonstrate skill in trimming, layering, clipping, notching, and pressing plain seams.
7035-08: Demonstrate skill in selecting and applying seam finishes.
7035-13: Demonstrate skill in controlling fullness in a garment.
7035-14: Demonstrate skill in applying facings and interfacings.
7035-17: Demonstrate skill in making pockets.
7035-18: Demonstrate how to put in sleeves.
7035-19: Demonstrate skills in marking a hem, choosing a hem finish, and hemming a garment.
7131-05: Perform skills necessary for producation in a commercial setting.
7131-06: Demonstrate assembly line garment construction techniques.
7132-01 Measure a customer and alter a pattern to fit.
7132-02: Construct a garment for a customer.
7141-10: Demonstrate proficiency in competencies identified for the occupation.
7142-09: Demonstrate proficiency in competencies identified for the occupation.

RULES FOR EVENT PARTICIPATION

1. Participants must comply with General Rules and Regulations.

2. All garment construction must be the work of the participant.

3. Sixty minutes will be allowed for the installation of the sleeve.

4. Participants will bring their own sewing machines and may bring a serger and/or iron if desired.

REQUIRED PROCEDURES FOR PARTICIPANTS

1. Prior to the event, the participant will:

   - Cut out and complete construction of jacket except for installation of second sleeve. Jacket must include the following construction processes:
     - pockets (design as determined by participant)
     - hem
     - finishes (seams and hems)
     - sleeves (tailored set-in style---not gathered)
     - one of the following neckline styles:
       - collarless, faced neckline
       - shawl/roll collar
       - convertible collar
       - mandarin collar
       - lapel collar

     Note: Difficulty of neckline treatment will not be considered in judging. Quality of workmanship will be the key factor in evaluation.
   - Underarm seam and lower hem of second sleeve should be completed prior to event. No further prior preparation is allowed.
   - Prepare identification card.
   - Select appropriate display stand or form.

2. At the event site, participants will be:

   - Provided 10 minutes for machine set-up. Participant should adjust stitch controls and tension appropriately for fabric and process. Fabric swatch should be used to test stitch. When all machines are ready, event manager will signal for all to begin event.
   - Allowed 60 minutes to set-in second sleeve. Participants will follow steps on the pattern guide sheet and use their knowledge of clothing construction techniques.
   - Participate in a 5 minute interview with the judges following the conclusion of the construction time period.

     Sample questions:

     What is the purpose of ease-stitching?
     What factors did you consider in choosing your seam finish?
     How did you determine your hem allowance?

3. Following judging of event, participants will place jacket on appropriate display stand or form of their choice and attach identification card. See General Rules and Regulations for card information. Additional props may be used for the display; however, only the garment itself will be judged.

SUPPLIES, EQUIPMENT, AND MATERIALS

To Be Provided By Participants

Pattern with guide sheet
Jacket and matching thread
Sleeve to be set-in
Needles (machine and hand), pins, thread,
  scissors, seam ripper, etc.
Sewing machine and bobbin
Fabric swatch
Press cloth
Display stand or form
Serger, optional
3" x 5" identification card (see general rules)
Extension cord
Iron

To Be Provided By Event Manager

Calculator
Pens
Timing device

To Be Provided At Host Facility

Tables
Electricity
Ironing board

To Be Provided By State Office

Judges' rating sheets

FASHION CONSTRUCTION
Proficiency Event #14

Judge's Number _____ Participant # _____

Instructions for Judges: Circle points for each criterion. Where information or evidence is missing, assign "0". Compute total points. Make comments, if applicable.

Criteria	Possible Points	Excellent	Very Good	Good	Fair	Poor	Comments
1. Pocket construction	10	10	9	8	7	6	
2. Appropriate use of interfacing	10	10	9	8	7	6	
3. Workmanship in neck-line treatment	10	10	9	8	7	6	
4. Edge finishing techniques Seam finishes Hem finishes	10	10	9	8	7	6	
5. Sleeve construction	10	10	9	8	7	6	
6. *Sleeve installation	25	25	23	21	19	17	
7. **Overall appearance	10	10	9	8	7	6	
8. Oral responses	10	10	9	8	7	6	
9. Completed within time limit	5	5	4	3	2	1	

TOTAL POSSIBLE POINTS: 100 TOTAL SUM OF POINTS: _____

MINIMUM SCORE FOR PROFICIENCY RATING = 85% OF TOTAL POINTS SUMMED FROM ALL JUDGES

*1st Tie Breaker
**2nd Tie Breaker

NUTRA-TRENDS DISPLAY
Proficiency Event #15

EVENT DESCRIPTION

In the Nutra-Trends Display, participants will prepare and display an illustration of a nutrition trend. A two-minute oral interpretation of the nutritional trend will be presented and responses to questions about the display from the judges will be evaluated.

EVENT CATEGORY:
____ Chapter
____ General
__x__ Consumer Home Economics
____ Occupational Home Economics

EVENT TYPE:
____ Individual
____ Team
__x__ Individual or Team

NUMBER OF PARTICIPANTS: 1-3

LEVELS OF RECOGNITION: __x__ Regional __x__ State ____ National

GRADE LEVEL: __x__ 7 __x__ 8 __x__ 9 __x__ 10 __x__ 11 __x__ 12

COURSE REQUIREMENTS FOR ELIGIBILITY: Students who are currently enrolled in or have successfully completed one of the following home econmics courses: 7008 - Exploring Home Economics, 7015 - Teen Living, 7025 - Independent Living, or 7045 - Foods and Nutrition.

COMPETENCY GOALS

7008-17: Describe the effects of food on the body.
7008-23: Demonstrate basic learning skills through foods and nutrition.
7015-07: Plan and prepare nutritionally balanced meals for teenagers.
7015-08: Apply knowledge and skills in buying, storing, and serving food.
7025-07: Demonstrate knowledge of factors which affect food choices.
7025-08: Demonstrate knowledge of recommended dietary guidelines.
7025-10: Evaluate means of weight control.
7045-01: Analyze the importance of food in the physical, emotional, and social well-being of individuals and family members.
7045-02: Describe cultural, religious, and geographical influences on food patterns and customs.
7045-03: Analyze the effects of changing lifestyles, values, and available resources on food choices and meal patterns of individuals and families.
7045-04: Distinguish the difference between food fads, fallacies, and facts.
7045-05: Analyze the role of nutrients in meeting the nutritional needs of individuals.
7045-06: Identify ways of adequately meeting the nutritional needs of individuals for the promotion and maintenance of good physical and emotional health.
7045-07: Evaluate the relationship of diet and lifestyles to nutritionally related health problems.
7045-08: Demonstrate use of nutritional principles when planning meals to meet dietary needs.
7045-27: Analyze the effects associated with world hunger and possible citizen involvement.
7045-30: Demonstrate techniques for conserving food and other national resources while preparing meals.
7045-32: Analyze variations in nutritional needs of family members in different stages of the life cycle.
7045-33: Analyze variations in nutritional needs of family members with special health problems.
7045-42: Analyze and practice ways of managing eating patterns that have emerged from rapidly changing lifestyles.

RULES FOR EVENT PARTICIPATION

1. The participant must comply with the General Rules and Regulations.

REQUIRED PROCEDURES FOR PARTICIPANTS

1. Identification card is to be given to event manager during orientation. See General Rules and Regulations for card information.

2. Report to the event site at the time specified. The display is to be set up during the time specified by the event manager. Thirty minutes will be allowed for the set-up.

3. Prepare a display to reflect a nutrition trend. Use this as a basis for the two-minute oral interpretation.

4. The display size is limited to 30" (width) x 60" (length) x 72" (height from floor) and must be on a table for display and explanation purposes.

5. All visuals must be of original designs, such as:

   - Display
   - Scrapbook
   - Collage
   - Poster
   - Transparencies
   - Slides, etc.

6. No real food may be used. Food models are permissible.

7. The summary report should include and not exceed two 8 1/2" x 11" pages:

   - an interpretation title
   - rationale for project
   - how FHA/HERO planning process was used (see Handbook for Youth-Centered Leadership, page 26)
   - resources used
   - written outline of the major points included in the display and oral presentation

   Prepare 3 copies of the summary report for the judges.

8. The student will not be allowed in the display area while the judging of the exhibit is done. Each student will be asked to stand adjacent to his/her display on an individual basis, when responding to questions about the display by the judges.

9. The identification card is to be placed on the display following the judging for the public display period.

   Sample Questions:

   - Why did you select this particular trend for your exhibit?
   - How might you benefit from this in the future?
   - How could you use this knowledge to make community and/or family members more aware of this trend and its effects on their lifestyle.

SUPPLIES, EQUIPMENT, AND MATERIALS

To Be Provided By Participants

Display
3 two-page typed summaries of display interpretation
3" x 5" identification card (see general rules)

To Be Provided By Event Manager

Calculator
Pens
Timing device
Measuring tape

To Be Provided At Host Facility

Tables

To Be Provided By State Office

Judges' rating sheets

NUTRA-TRENDS DISPLAY
Proficiency Event #15

Judge's Number _____ Participant # _____

Instructions for Judges: Circle points for each criterion. Where information or evidence is missing, assign "0". Compute total points. Make comments, if applicable.

Criteria	Possible Points	Excellent	Very Good	Good	Fair	Poor	Comments
Nutrition Trends							
1. **Reflects changing life-styles and a current trend in nutrition	15	15	13	11	9	7	
2. Evidence of use of variety of available resources	10	10	9	8	7	6	
3. Display illustrates in-depth research	10	10	9	8	7	6	
Knowledge of Nutrition							
4. *Displays knowledge of nutrition through written, visual, and oral presentation	20	20	18	16	14	12	
Oral Presentation							
5. Explanation -Logical presentation of thoughts within time limit -Clarity -Enthusiasm -Quality of summary	20	20	18	16	14	12	
Oral Response							
6. Responds accurately to questions	10	10	9	8	7	6	
Display							
7. Neat, well-organized, and creative; used FHA/HERO planning process	10	10	9	8	7	6	
8. Within size specifications	5	5	4	3	2	1	

TOTAL POSSIBLE POINTS: 100 TOTAL SUM OF POINTS: _____

MINIMUM SCORE FOR PROFICIENCY RATING = 85% OF TOTAL POINTS SUMMED FROM ALL JUDGES

*1st Tie Breaker
**2nd Tie Breaker

NUTRITIOUS SNACKS FOR TEENAGERS
Proficiency Event #16

EVENT DESCRIPTION

In the Nutritious Snack for Teenagers Event, individual FHA/HERO participants will select a snack appropriate for a teenager and demonstrate the preparation of the snack. The demonstration will include an oral explanation of the reasons for the choice made and relate to the ease of preparation, nutrition, cost, eye appeal, and taste appeal. A 10-minute time limit is allowed for the actual demonstration.

EVENT CATEGORY:
____ Chapter
____ General
_x_ Consumer Home Economics
____ Occupational Home Economics

EVENT TYPE:
_x_ Individual
____ Team
____ Individual or Team

NUMBER OF PARTICIPANTS: 1

LEVELS OF RECOGNITION: _x_ Regional _x_ State ____ National

GRADE LEVEL: _x_ 7 _x_ 8 _x_ 9 _x_ 10 _x_ 11 _x_ 12

COURSE REQUIREMENTS FOR ELIGIBILITY: Students who are currently enrolled in or have successfully completed one of the following home economics courses: 7008 - Exploring Home Economics, 7015 - Teen Living, 7025 - Independent Living, or 7045 - Foods and Nutrition.

COMPETENCY GOALS

7008-17: Describe the effects of food on the body.
7008-18: Recognize food needs and how these needs are fulfilled.
7008-19: Differentiate between good and poor food choices.
7008-23: Demonstrate basic learning skills through foods and nutrition.
7015-07: Plan and prepare nutritionally balanced meals for teenagers.
7015-08: Apply knowledge and skills in buying, storing, and serving food.
7025-07: Demonstrate knowledge of factors which affect food choices.
7045-05: Analyze the role of nutrients in meeting the nutritional needs of individuals.
7045-06: Identify ways of adequately meeting the nutritional needs of individuals for the promotion and maintenance of good physical and emotional health.
7045-09: Plan, prepare, and serve nutritious snacks.
7045-12: Identify principles of organization and management of kitchen facilities.
7045-14: Select, use, and care for cookware and food preparation tools.
7045-16: Describe practices which provide for safety and sanitation in the preparation and service of food.
7045-17: Interpret the meanings of words, symbols, abbreviations, and directions given in recipes.

RULES FOR EVENT PARTICIPATION

1. The participant must comply with the General Rules and Regulations.

2. Supplies, equipment, and materials used during the event will be provided by the participant as specified.

REQUIRED PROCEDURES FOR PARTICIPANTS

1. The participant will prepare three 5" x 7" index card(s) for each judge at the event. The recipe, nutritional value and the cost per serving must be listed on the card(s).

2. The demonstration should include the following:

   - a brief explanation of the snack selected
   - student made posters or charts are optional
   - an explanation of the nutritive values of the snack
   - the steps used in the preparation of the snack
   - a finished sample of the snack for each of the judges (This may be prepared prior to the actual demonstration and brought to the event for display purposes.)

3. Five minutes will be allowed for set-up time

4. The demonstration must be 5-10 minutes in length.

5. Principles of sanitation should be followed throughout the demonstration.

6. Each participant is allowed 5 minutes for cleaning the demonstration area after the event has been judged.

7. Participants should wear an apron, lab coat, or smock with hair restrained.

SUPPLIES, EQUIPMENT, AND MATERIALS

To Be Provided By Participants

Three sets of index cards for the judges
All ingredients and equipment
Extension cord with adaptor for outlet without ground
Easel, optional

To Be Provided By Event Manager

Calculator
Timing device
Pens

To Be Provided At Host Facility

Table
Electricity

To Be Provided By State Office

Judges' rating sheets

NUTRITIOUS SNACKS FOR TEENAGER
Proficiency Event #16

Judge's Number _____ Participant # _____

Instructions for Judges: Circle points for each criterion. Where information or evidence is missing, assign "0". Compute total points. Make comments, if applicable.

Criteria	Possible Points	Excellent	Very Good	Good	Fair	Poor	Comments
1. Presentation -Interesting introduction/summary -Correct techniques -Enthusiasm -Reasons for choices -Appearance of finished product -Completed within time limit	30	30	28	26	24	22	
2. Cost and Nutritional Value **Comparison relationship shown *Nutritional information explained appropriately	25	25	23	21	19	17	
3. Appeal to Teenager and Taste -Good appeal, good taste	15	15	13	11	9	7	
4. Sanitation and Work Area -Good sanitation technique	10	10	9	8	7	6	
5. Cards -Cost, nutritive value, recipe	15	15	13	11	9	7	
6. Personal Appearance -Appropriate clothing and head covering; well groomed	5	5	4	3	2	1	

TOTAL POSSIBLE POINTS: 100 TOTAL SUM OF POINTS: _____

MINIMUM SCORE FOR PROFICIENCY RATING = 85% OF TOTAL POINTS SUMMED FROM ALL JUDGES

*1st Tie Breaker
**2nd Tie Breaker

FUNCTIONAL INTERIORS DISPLAY
Proficiency Event #17

EVENT DESCRIPTION

In the Functional Interiors Display Event, individual FHA/HERO members will demonstrate skill in planning a room interior. The event will consist of the display, a 3-5 minute oral presentation and oral questions from the judges.

EVENT CATEGORY:
____ Chapter
____ General
__x__ Consumer Home Economics
____ Occupational Home Economics

EVENT TYPE:
__x__ Individual
____ Team
____ Individual or Team

NUMBER OF PARTICIPANTS: 1

LEVELS OF RECOGNITION: __x__ Regional __x__ State ____ National

GRADE LEVEL: ____ 7 ____ 8 __x__ 9 __x__ 10 __x__ 11 __x__ 12

COURSE REQUIREMENTS FOR ELIGIBILITY: Students who are currently enrolled in or have successfully completed either: 7015 - Teen Living, 7025 - Independent Living, or 7055 - Interior Design and Housing.

COMPETENCY GOALS

7015-23: Examine ways of obtaining satisfying housing and living environment.
7025-17: Assess housing in terms of safety, zoning space, energy efficiency, acquisition and cost.
7055-04: Apply the basic design principles to the use of color.
7055-05: Demonstrate how to select and use floor coverings effectively.
7055-06: Demonstrate how to select and use window treatment.
7055-07: Demonstrate how to select and use wall treatments effectively.
7055-08: Examine available choices for securing home furnishings to meet individual/family needs.
7055-09: Analyze the design features, construction techniques and materials used in different types of furniture.
7055-10: Describe how to coordinate furniture for function and beauty.
7055-11: Evaluate household textiles from the standpoint of function and decorative use.
7055-13: Analyze accessory choices from the standpoint of functional and aesthetic value.

RULES FOR EVENT PARTICIPATION

1. Participants must comply with General Rules and Regulations.

2. All event display materials must be the work of the participant.

3. Thirty minutes will be allowed for set-up of display.

4. The display shall be free-standing, not exceeding 4' deep x 5' wide x 6' high, or table-top, not exceeding a space 2½' deep, 4' wide by 4' high.

REQUIRED PROCEDURES FOR PARTICIPANTS

1. Prior to the event, the participant will:

   - Devise a plan for functional use of a bedroom, identifying the age, sex, and interests of the person(s) who will use the room.
   - Use your bedroom or a bedroom you plan to decorate. Draw the room to the scale of your choice.
   - Use templates to show furniture arrangement.
   - Include in the display the wall covering, floor covering, furniture, window treatments, accessories, etc. Accessories may be used, however, the security of these accessories is the responsibility of participant.
   - Use self-explanatory materials that accurately describe the project, such as photos, slides, videotapes, or other media.
   - Prepare a 3-5 minute oral presentation on the occupant's considerations, cost control, design, color, furniture selection and arrangement, safety features, and energy efficiency in the display.
   - Prepare identification card and give to event manager during orientation. See General Rules and Regulations for card information.

2. At the event site, the participant will:

   - Set up display. A maximum of 30 minutes will be allowed for set-up of display.
   - Deliver a 3-5 minute oral presentation.
   - Answer judges' questions concerning the display. Ten minutes will be allotted.

SUPPLIES, EQUIPMENT, AND MATERIALS

To Be Provided By Participants

Floor plan
All materials for display
3" x 5" identification card (see general rules)

To Be Provided By Event Manager

Calculator
Pens
Timing device
Ruler and/or architect's scale

To Be Provided At Host Facility

Tables

To Be Provided By State Office

Judges' rating sheets

FUNCTIONAL INTERIORS DISPLAY
Proficiency Event #17

Judge's Number _____ Participant # _____

Instructions for Judges: Circle points for each criterion. Where information or evidence is missing, assign "0". Compute total points. Make comments, if applicable.

Criteria	Possible Points	Excellent	Very Good	Good	Fair	Poor	Comments
1. *Occupant considerations	10	10	9	8	7	6	
2. **Use of principles and elements of design	10	10	9	8	7	6	
3. Color coordination	10	10	9	8	7	6	
4. Furniture selection	10	10	9	8	7	6	
5. Furniture arrangement	10	10	9	8	7	6	
6. Cost control	10	10	9	8	7	6	
7. Safety features	5	5	4	3	2	1	
8. Energy efficiency	5	5	4	3	2	1	
9. Accuracy in use of plans	5	5	4	3	2	1	
10. Display effectiveness - creative, neat, accurate	10	10	9	8	7	6	
11. Oral presentation	10	10	9	8	7	6	
12. Oral responses	5	5	4	3	2	1	

TOTAL POSSIBLE POINTS: 100 TOTAL SUM OF POINTS: _____

MINIMUM SCORE FOR PROFICIENCY RATING = 85% OF TOTAL POINTS SUMMED FROM ALL JUDGES

*1st Tie Breaker
**2nd Tie Breaker

FAMILY COMMUNICATIONS, JUNIOR DIVISION
Proficiency Event #18

EVENT DESCRIPTION

Family Communications recognizes members for developing an individual or community project designed to strengthen family communications and apply that communication knowledge and skills to similiar situations.

EVENT CATEGORY:
____ Chapter
____ General
__x__ Consumer Home Economics
____ Occupational Home Economics

EVENT TYPE:
____ Individual
____ Team
__x__ Individual or Team

NUMBER OF PARTICIPANTS: 1-3

LEVELS OF RECOGNITION: __x__ Regional __x__ State __x__ National

GRADE LEVEL: __x__ 7 __x__ 8 __x__ 9 ____ 10 ____ 11 ____ 12

COURSE REQUIREMENTS FOR ELIGIBILITY: Students who are currently enrolled in or have successfully completed one of the following home economics courses: 7008 - Exploring Home Economics or 7015 - Teen Living.

COMPETENCY GOALS

7008-09: Enhance basic learning skills (in reading, writing, communicating, and perceiving) through personal development and family relations.
7015-03: Use coping strategies appropriate for teenagers to cope with the physical, social, and emotional maturation process.
7015-10: Examine reasons for quality interaction between younger children and teens.
7015-13: Describe internal and external influences on family life.
7015-14: Propose ways in which relationship can be improved and/or coped with.

RULES FOR EVENT PARTICIPATION

1. Participants must comply with General Rules and Regulations.

2. The state first-place winner(s) will be North Carolina's entry in the National STAR Event competition.

REQUIRED PROCEDURES FOR PARTICIPANTS

1. Participant must complete a family communications project during the school year of competition.

2. The project must be the design and effort of the individual or team participant(s).

3. To prepare for the project, participants should become knowledgeable about methods of strengthening communication in each of these areas:

   - one-on-one communications
   - resolving conflict
   - communication styles

4. In planning and carrying out the project, members shall:

   - attempt to strengthen communication in the participants' families with one of the following: siblings, parents/guardians, or other relatives.
   - develop a project using Future Homemakers of America's planning process (identify concerns, set goals, form a plan, act on the plan, and follow-up) from Handbook for Youth-Centered Leadership, Future Homemakers of America, Inc., page 26.
   - apply communication techniques learned by the participant(s).

5. Participants shall supply three typed copies of a two-page to three-page (8½" x 11") summary report to the event judges at the orientation session. Summary reports should be in a 9" x 11¾" manila file folder. Summary reports should include:

   - rationale for project
   - description of goals and activities
   - step-by-step use of the planning process
   - communication techniques tested
   - accomplishments
   - evaluation of project
   - how this project affected family communications

6. Prior to the judges' interview, participants will be asked to give a 2-5 minute summary of their project. During this time, participants will share with the evaluators the communication area their project addressed.

7. Judges will interview participants for 5-10 minutes to discuss the project and to evaluate knowledge about communication techniques.

8. Participants may use visuals (i.e., charts, posters) during the interview if the visuals were part of the "act" step in the planning process for this project.

9. Participants will be given a case study to evaluate their understanding of communications with one of the groups listed below. The case study will be one that most closely correlates to the participants' communication projects.

   - siblings
   - parents/guardians
   - other relatives

10. Participants will be given 10 minutes to prepare a 3-5 minute response to the case study situation. Work on the case study will be done in a separate room with no visitors allowed. Prewritten notes and materials will not be permitted.

11. Participants will have a maximum of 5 minutes to present their views about the situation in the case study. Note cards may be used. Creative presentation methods are encouraged. Judges may ask questions. Sample questions:

- What is one-on-one communication?
- What are some ways to resolve conflict effectively?
- What is feedback? Why is feedback important?
- What communication style did you use in your project? Why or why not was it effective?

SUPPLIES, EQUIPMENT, AND MATERIALS

To Be Provided By Participants

Three copies of project in file folders
Note cards

To Be Provided By Event Manager

Calculator
Timing device
Pens

To Be Provided At Host Facility

Response preparation room

To Be Provided By State Office

Case studies about:
  sibling
  parents/guardians
  other relatives
Judges' rating sheets

FAMILY COMMUNICATIONS, JUNIOR DIVISION
Proficiency Event #18

Judge's Number _____ Participant # _____

Instructions for Judges: Circle points for each criterion. Where information or evidence is missing, assign "0". Compute total points. Make comments, if applicable.

Criteria	Possible Points	Excellent	Very Good	Good	Fair	Poor	Comments
Communications Project							
1. Project rationale was clear	5	5	4	3	2	1	
2. Goal clearly stated; used planning process	5	5	4	3	2	1	
3. Activities appropriate for the goal	5	5	4	3	2	1	
4. Planning process used effectively	5	5	4	3	2	1	
5. Appropriate communication techniques used	10	10	9	8	7	6	
6. Project showed evidence of self-evaluation	5	5	4	3	2	1	
7. *Evidence of impact on family communication was shown	10	10	9	8	7	6	
8. Project specifications followed	5	5	4	3	2	1	
9. Clear, concise written summary report	5	5	4	3	2	1	
10. Clear, concise oral summary report	5	5	4	3	2	1	
Oral Response							
11. Project clearly explained	15	15	13	11	9	7	
Case Study							
12. **Knowledge of communication techniques	10	10	9	8	7	6	
13. Appropriateness of solution	10	10	9	8	7	6	
14. Clear, organized presentation	5	5	4	3	2	1	

TOTAL POSSIBLE POINTS: 100 TOTAL SUM OF POINTS: _____

MINIMUM SCORE FOR PROFICIENCY RATING = 85% OF TOTAL POINTS SUMMED FROM ALL JUDGES

*1st Tie Breaker
**2nd Tie Breaker

FAMILY COMMUNICATIONS, SENIOR DIVISION
Proficiency Event #19

EVENT DESCRIPTION

Family Communications recognizes members for developing an individual or community project designed to strengthen family communications and apply that communication knowledge and skill to similiar situations.

EVENT CATEGORY:
____ Chapter
____ General
__x__ Consumer Home Economics
____ Occupational Home Economics

EVENT TYPE:
____ Individual
____ Team
__x__ Individual or Team

NUMBER OF PARTICIPANTS: 1-3

LEVELS OF RECOGNITION: __x__ Regional __x__ State __x__ National

GRADE LEVEL: ____ 7 ____ 8 ____ 9 __x__ 10 __x__ 11 __x__ 12

COURSE REQUIREMENTS FOR ELIGIBILITY: Students who are currently enrolled in or have successfully completed one of the following home economics courses: 7015 - Teen Living or 7025- Independent Living.

COMPETENCY GOALS

7015-03: Use coping strategies appropriate for teenagers to cope with the physical, social, and emotional maturation process.
7015-10: Examine reasons for quality interaction between younger children and teens.
7015-13: Describe internal and external influences on family life.
7015-14: Propose ways in which relationship can be improved and/or coped with.
7025-04: Describe the communication process and types of communication.
7025-05: Explain the influence of conscious decision making or goal attainment.

RULES FOR EVENT PARTICIPATION

1. Participants must comply with General Rules and Regulations.

2. The state first-place winner(s) will be North Carolina's entries in the National STAR Event competition.

REQUIRED PROCEDURES FOR PARTICIPANTS

1. Participant msut complete a family communications project during the school year of competition.

2. The project must be the design and effort of the individual or team participant(s).

3. To prepare for the project, participants should become knowledgeable about methods of strengthening communication in each of these areas:

   - one-on-one communications
   - resolving conflict
   - communication styles

4. In planning and carrying out the project, members shall:

   - attempt to strengthen communication in the participants' families with one of the following: siblings, parents/guardians, or other relatives.
   - develop project using Future Homemakers of America's planning process (identify concerns, set goals, form a plan, act on the plan, and follow-up) from Handbook for Youth-Centered Leadership, Future Homemakers of America, Inc., page 26.
   - apply communication techniques learned by the participant(s).

5. Participants shall supply three typed copies of a two-page to three-page (8½" x 11") summary report to the event judges at the orientation session. Summary report should be in a 9" x 11 3/4" manila file folder. Summary reports should include:

   - rationale for project
   - description of goals and activities
   - step-by-step use of the planning process
   - communication techniques tested
   - accomplishments
   - evaluation of project
   - how this project affected family communications

6. Prior to the judges' interview, participants will be asked to give a 2-5 minute summary on their project. During this time, participants will share with the evaluators the communication areas their project addressed.

7. Judges will interview participants for 5-10 minutes to discuss the project and to evaluate knowledge about communication techniques.

8. Participants may use visuals (i.e., charts, posters) during the interview if the visuals were part of the "act" step in the planning process for this project.

9. Participants will be given a case study to evaluate their understanding of communications with one of the groups listed below. The case study will be one that most closely correlates to the participants' communication projects.

   - siblings
   - parents/guardians
   - other relatives

10. Participants will be given 10 minutes to prepare a 3-5 minute response to the case study situation. Work on the case study will be done in a separate room with no visitors allowed. Prewritten notes and materials will not be permitted.

11. Participants will have a maximum of 5 minutes to present their views about the situation in the case study. Note cards may be used. Creative presentation methods are encouraged. Judges may ask questions. Sample questions:

- What is effective communication?
- Can you identify two skills needed for effective communication and give an example of the importance of those skills?
- Can you identify factors affecting the interaction of family members.
- Can you identify the basic family functions in society.

SUPPLIES, EQUIPMENT, AND MATERIALS

To Be Provided By Participants

Three copies of project in file folders
Note cards

To Be Provided By Event Manager

Calculator
Timing device
Pens

To Be Provided At Host Facility

Response preparation room

To Be Provided By State Office

Case studies about:
  siblings
  parents/guardians
  other relatives
Judges' rating sheets

FAMILY COMMUNICATIONS, SENIOR DIVISION
Proficiency Event #19

Judge's Number _____ Participant # _____

Instructions for Judges: Circle points for each criterion. Where information or evidence is missing, assign "0". Compute total points. Make comments, if applicable.

Criteria	Possible Points	Excellent	Very Good	Good	Fair	Poor	Comments
Communications Project							
1. Project rationale was clear	5	5	4	3	2	1	
2. Goal clearly stated; used planning process	5	5	4	3	2	1	
3. Activities appropriate for the goal	5	5	4	3	2	1	
4. Planning process used effectively	5	5	4	3	2	1	
5. Appropriate communication techniques used	10	10	9	8	7	6	
6. Project showed evidence of self-evaluation	5	5	4	3	2	1	
7. *Evidence of impact on family communication was shown	10	10	9	8	7	6	
8. Project specifications followed	5	5	4	3	2	1	
9. Clear, concise written summary report	5	5	4	3	2	1	
10. Clear, concise oral summary report	5	5	4	3	2	1	
Oral Response							
11. Project clearly explained	15	15	13	11	9	7	
Case Study							
12. **Knowledge of communication techniques	10	10	9	8	7	6	
13. Appropriateness of solution	10	10	9	8	7	6	
14. Clear, organized presentation	5	5	4	3	2	1	

TOTAL POSSIBLE POINTS: 100 TOTAL SUM OF POINTS: _____

MINIMUM SCORE FOR PROFICIENCY RATING = 85% OF TOTAL POINTS SUMMED FROM ALL JUDGES

*1st Tie Breaker
**2nd Tie Breaker

CLOTHING ALTERATIONS
Proficiency Event #20

EVENT DESCRIPTION

The Clothing Alterations Event simulates a clothing alterations workroom operation. Participants will perform an assigned clothing alteration and complete an alteration ticket to accompany the work.

EVENT CATEGORY:
____ Chapter
____ General
____ Consumer Home Economics
__x__ Occupational Home Economics

EVENT TYPE:
__x__ Individual
____ Team
____ Individual or Team

NUMBER OF PARTICIPANTS: 1

LEVELS OF RECOGNITION: __x__ Regional __x__ State ____ National

GRADE LEVEL: ____ 7 ____ 8 ____ 9 ____ 10 __x__ 11 __x__ 12

COURSE REQUIREMENTS FOR ELIGIBILITY: Students who are currently enrolled in or have successfully completed either: 7131 - Custom Fashions and Interiors I, 7132 - Custom Fashions and Interiors II, 7141 - Home Economics Cooperative Education I - commercial sewing work site, or 7142 - Home Economics Cooperative Education II - commercial sewing work site.

COMPETENCY GOALS

7131-08: Demonstrate simple alteration techniques for customers.
7132-03: Demonstrate advanced alteration techniques.
7141-10: Demonstrate proficiency in competencies identified for the occupation.
7142-09: Demonstrate proficiency in competencies identified for the occupation.

RULES FOR EVENT PARTICIPATION

1. Participants must comply with General Rules and Regulations.

2. Participants must bring their own sewing machine and may bring a serger and/or iron if desired.

REQUIRED PROCEDURES FOR PARTICIPANTS

1. Thirty minutes will be allowed for participants to meet with event manager and judges to receive directions for the alteration. The assigned alteration for the event will be one of the following three:

   - alter the waist in slacks or skirt
   - shorten slacks or skirt
   - replace zipper in slacks or skirt

2. Participants are to bring one sample garment in which any one of the above three alterations may be done. Assigned alteration will not be announced until event day. All participants will receive the same assignment. Exact amounts of alterations in inches will be stated on event day.

3. Event manager will distribute two alteration tickets to each participant (one to be attached to work and one extra). The directions for the alteration will be read aloud to all participants by the judge who has been identified as the "customer." Participants should record information on the alteration ticket. Participants may ask to have directions read again as many times as needed. Questions may be asked and answered concerning type of alteration, amount of alteration, and final result desired. No questions may be answered concerning method(s) or procedure(s) to be used. Participants should be prepared to enter cost of the alteration on the ticket. Judges will observe the participants as they record information and clarify directions for the alteration.

4. Fifteen minutes will be allowed prior to event for machine set-up. Participants will bring their own sewing machines and may choose to bring a serger and/or iron. Participant should adjust stitch controls and tension appropriately for fabric and type of alteration before event begins. Fabric swatch should be used to test stitch. When all machines are ready, event manager may signal for event to begin.

5. Sixty minutes will be allowed for the completion of the alteration. At the end of the sixty minute period, all participants will be stopped.

6. Participants will follow commercial workroom techniques and precautions while performing the assigned alteration task.

7. Participants will attach completed alteration ticket to finished work product.

8. Participants will, upon completion of task, notify event manager who will record time finished. Participants will then present finished work, along with fabric trimmings from garment, to judge who is acting as customer. Three minutes will be allowed for presentation of work to customer.

SUPPLIES, EQUIPMENT, AND MATERIALS

To Be Provided By Participants

Slacks of firmly woven fabric, with center back seam in waistband
Invisible hem
Matching thread
Shears, seam ripper, pins, hand needle, seam gauge, marking chalk, or pencil
Fabric remnant for machine stitch test
Press cloth
Pencils/pens
Alteration cost list
Plastic bag for trimmed fabric
Sewing machine and bobbin
Pressing ham
Seam roll
Extension cord
Serger, optional
Iron

To Be Provided By Event Manager

Calculator
One "customer" badge
Pens
Timing device
Seam gauge

To Be Provided At Host Facility

Tables
Ironing board
Electricity

To Be Provided By State Office

Judges' rating sheets
Alteration assignment
Alteration tickets

CLOTHING ALTERATIONS
Proficiency Event #20

Judge's Number _____ Participant # _____

Instructions for Judges: Circle points for each criterion. Where information or evidence is missing, assign "0". Compute total points. Make comments, if applicable.

Criteria	Possible Points	Excellent	Very Good	Good	Fair	Poor	Comments
Techniques for Recording Information							
1. Clarity	5	5	4	3	2	1	
2. Thoroughness	5	5	4	3	2	1	
Knowledge of Method							
3. **Appropriate selection of method	5	5	4	3	2	1	
4. Appropriate use of small tools	5	5	4	3	2	1	
5. Efficient use of machine	5	5	4	3	2	1	
6. Safety practices	5	5	4	3	2	1	
7. Appropriate use of pressing tools	5	5	4	3	2	1	
Completed Alteration Garment							
8. *Exactness, according to specifications	5	5	4	3	2	1	
9. Finished edges	5	5	4	3	2	1	
10. Uniformity of stitching	5	5	4	3	2	1	
11. Uniformity of seam/hem allowances	5	5	4	3	2	1	
12. Pressing	5	5	4	3	2	1	
13. Durability	5	5	4	3	2	1	
14. General outer appearance	10	10	9	8	7	6	
15. Completed within time limit	5	5	4	3	2	1	

CLOTHING ALTERATIONS
Proficiency Event #20

Judge's Number _____ Participant # _____

Instructions for Judges: Circle points for each criterion. Where information or evidence is missing, assign "0". Compute total points. Make comments, if applicable.

Criteria	Possible Points	Excellent	Very Good	Good	Fair	Poor	Comments
Customer Follow-Up							
16. Courtesy	5	5	4	3	2	1	
17. Conciseness	5	5	4	3	2	1	
18. Thoroughness	5	5	4	3	2	1	
19. Poise/confidence	5	5	4	3	2	1	

TOTAL POSSIBLE POINTS: 100 TOTAL SUM OF POINTS: _____

MINIMUM SCORE FOR PROFICIENCY RATING = 85% OF TOTAL POINTS SUMMED FROM ALL JUDGES

*1st Tie Breaker
**2nd Tie Breaker

CREATIVE WINDOW TREATMENT
Proficiency Event #21

EVENT DESCRIPTION

The Creative Window Treatment Event consists of individual FHA/HERO members planning and constructing a creative window treatment. The event requires prior construction of window treatment with one shirred rod-pocket curtain panel and on-site construction of the second curtain panel during a 90-minute time span.

EVENT CATEGORY:
____ Chapter
____ General
____ Consumer Home Economics
__x__ Occupational Home Economics

EVENT TYPE:
__x__ Individual
____ Team
____ Individual or Team

NUMBER OF PARTICIPANTS: 1

LEVELS OF RECOGNITION: __x__ Regional __x__ State ____ National

GRADE LEVEL: ____ 7 ____ 8 __x__ 9 __x__ 10 __x__ 11 __x__ 12

COURSE REQUIREMENTS FOR ELIGIBILITY: Students who are currently enrolled in or have successfully completed: 7131 - Custom Fashions and Interiors I, 7132 - Custom Fashions and Interiors II, 7141 - Home Economics Cooperative Education I - commercial sewing work site, or 7142 - Home Economics Cooperative Education II - commercial sewing work site.

COMPETENCY GOALS

7131-04: Construct curtains and draperies using assembly line steps and techniques.
7132-07: Construct window treatments.
7141-10: Demonstrate proficiency in competencies identified for the occupation.
7142-09: Demonstrate proficiency in competencies identified for the occupation.

RULES FOR EVENT PARTICIPATION

1. Participants must comply with General Rules and Regulations.

2. All work must be the work of the student.

REQUIRED PROCEDURES FOR PARTICIPANTS

1. Prior to the event, the participant will:

   - Design a creative window treatment for a window of specified dimensions:
     width: 30 inch minimum
     height: 40 inch minimum
     Window treatment must include a minimum of two shirred rod-pocket curtain panels, and a minimum of one other decorative detail. Curtain panels may be lined or unlined, according to style of window treatment, type of fabric used, etc. Decorative details are to include one of the following creative top treatment: valance, cornice, swag, cascades, etc. Tiebacks, shades, blinds, etc. may be used with the window display. Shirred rod-pocket curtain panels may be designed for use with continental rods or a basic curtain rod.

- Construct one of two shirred rod-pocket curtain panels and other selected decorative detail(s).
- Prepare upright display of window treatment.
- Cut out second drapery panel...do not construct.

2. At the event site, the participant will:

   - Construct second curtain panel within a 90-minute time span.
   - Display completed window treatment. Fifteen minutes will be allowed to complete set-up.
   - Answer questions concerning the chosen window treatment.

     Sample questions:

     - Explain why you chose this fabric.
     - For what type of room would this window treatment be appropriate, and why?

3. Following judging of the event, identification card will be placed on window treatment display. See General Rules and Regulations for card information.

SUPPLIES, EQUIPMENT, AND MATERIALS

To Be Provided By Participants

One completed curtain panel
Precut fabric for one curtain panel
At least one of the following top treatments:
  valance
  cornice
  swag
  cascade
Sewing machine, measuring tools, needle, chalk, thread, shears, pins, bobbin
Serger, optional
Extension cord
3" x 5" identification card (see general rules)
Iron
Window treatment and display materials

To Be Provided By Event Manager

Calculator
Timing device
Pens
Measuring tape

To Be Provided At Host Facility

Tables
Electricity
Ironing board

To Be Provided By State Office

Judges' rating sheets

CREATIVE WINDOW TREATMENT
Proficiency Event #21

Judge's Number _____ Participant # _____

Instructions for Judges: Circle points for each criterion. Where information or evidence is missing, assign "0". Compute total points. Make comments, if applicable.

Criteria	Possible Points	Excellent	Very Good	Good	Fair	Poor	Comments
1. General appearance of window treatment	20	20	18	16	14	12	
2. *Effective use of design principles	20	20	18	16	14	12	
3. Workmanship in construction of top treatment (cascades, cornice, swag, valance, etc.)	20	20	18	16	14	12	
4. Drapery panel side and lower hem allownces (side hems double 1½" wide lower hems double 4" wide)	5	5	4	3	2	1	
5. Drapery panel hem stitches appropriate, uniform	5	5	4	3	2	1	
6. Drapery panel heading properly pressed, stiffening properly applied, overlaps and returns securely stitched	10	10	9	8	7	6	
7. Overall size limitations followed	5	5	4	3	2	1	
8. Completed within time limit	5	5	4	3	2	1	
9. Oral responses	10	10	9	8	7	6	

TOTAL POSSIBLE POINTS: 100 TOTAL SUM OF POINTS: _____

MINIMUM SCORE FOR PROFICIENCY RATING = 85% OF TOTAL POINTS SUMMED FROM ALL JUDGES

*1st Tie Breaker
**2nd Tie Breaker

COMMERCIAL FOODS
Proficiency Event #22

EVENT DESCRIPTION

Commercial Foods is an individual event which recognizes students enrolled in occupational commercial food training programs for their ability to work in teams to produce a quality meal using commercial food techniques.

EVENT CATEGORY:
____ Chapter
____ General
____ Consumer Home Economics
__x__ Occupational Home Economics

EVENT TYPE:
__x__ Individual
____ Team
____ Individual or Team

NUMBER OF PARTICIPANTS: 1-3

LEVELS OF RECOGNITION: __x__ Regional __x__ State __x__ National

GRADE LEVEL: ____ 7 ____ 8 ____ 9 ____ 10 __x__ 11 __x__ 12

COURSE REQUIREMENTS FOR ELIGIBILITY: Students who are presently enrolled in or have successfully completed one of the following home economics courses: 7121 - Commercial Foods I, 7122 - Commercial Foods II, 7141 - Home Economics Cooperative Education I - food service work site, or 7142 - Home Economics Cooperative Education II - food service work site.

COMPETENCY GOALS

7121-03: Maintain high safety standards in food preparation, service, and clean up tasks.
7121-05: Maintain acceptable sanitation standards.
7121-07: Identify, select, and use tools and utensils.
7121-08: Identify, select, and use large and small food preparation equipment.
7121-10: Identify and use appropriate food preparation techniques.
7122-08: Prepare meats, seafood, and poultry.
7122-09: Prepare vegetables and fruits.
7141-08: Describe safety and sanitation practices and principles in Home Economics Occupations.
7141-10: Demonstrate proficiency in competencies identified for the occupation.
7142-03: Participate in FHA/HERO.
7142-09: Demonstrate proficiency in competencies identified for the occupation.

RULES FOR EVENT PARTICIPATION

1. The participant must comply with General Rules and Regulations.

2. Participants will report to the designated room at the specified time with all required equipment and wearing appropriate attire including:

   - clean cook's jacket or light shirt with washable skirt or slacks (no jeans) or commercial uniform
   - apron
   - hair covering or hair restraint
   - closed-toe shoes

3. Teams will be formed by random selection. Therefore, students from different chapters will be working together as teams.

4. If the number of participants exceeds the available space and facilities, two or more shifts will be formed. Students on the later shifts will stay in a separate room until time for their turns. No visitors will be allowed and participants are prohibited from talking to anyone outside the group during this waiting period.

5. Teams will have 15-30 minutes for planning, dividing duties, making a time schedule, organizing the work area and obtaining supplies.

6. Following the signal to begin, participants will have up to 60 minutes to complete the food products.

7. If participants work beyond the total time limit, they will lose all points on the time rating. In no case will teams be allowed to use more than the total allotted time.

8. Participants will have 15 minutes to clean up their work stations and return unused food to the central station.

9. A team of evaluators will be observing work habits and techniques used and will make ratings throughout the session. Evaluators will rate each food product's plate presentation, appearance, and taste.

10. Participants will receive individual ratings on their work habits and personal appearance. A team score will be assigned for teamwork and the food products. Participants' final ratings will be determined by a combination of individual and team scores. Therefore, persons within a team may receive different ratings.

11. State first-place (the top three proficient scoring participants) winner(s) will be North Carolina's entries in the National STAR Event competition.

REQUIRED PROCEDURES FOR PARTICIPANTS

1. Participants should be proficient in the preparation of three or more food products. Any of the following may appear on the menu as typical items:

   - appetizers
   - sandwiches
   - soups
   - salads
   - entrees
   - breads
   - vegetables
   - beverages
   - desserts

2. Teams of three persons, randomly assigned at the event, will prepare up [illegible]ree food products. They must use commercial food service procedures and handle tools properly. Teams of two persons will work together when groups of three are not possible.

3. An equipment and tool requirements list will be sent to participants after the registration form is received in the State FHA/HERO Office. Any necessary large equipment will be provided.

4. All food will be provided. No other food, garnishes or condiments may be brought to the event.

5. Teams will be given a menu and any required recipes. Food items will be available at a supply area. Teams will determine how to use the food items to create the required menu.

6. Identical food items will be available to each team. Some precooked foods may be included.

7. Each team will prepare three identical plates. They will present all plates for evaluation of appearance and taste.

SUPPLIES, EQUIPMENT, AND MATERIALS

To Be Provided By Participants

Equipment and tools per State Office list

To Be Provided By Event Manager

Food items per State Office list
Timing device
Pens
Calculator
Team food display number place cards
Participant number badges
Team work station number place cards

To Be Provided At Host Facility

Food service facility
Tables
Table appointments per State Office list

To Be Provided By State Office

Equipment and tools list for participants
Recipes
List of food items
Judges' rating sheets
List of table appointments

COMMERCIAL FOODS
Proficiency Event #22

Judge's Number _____ Participant # _____

Instructions for Judges: Circle points for each criterion. Where information or evidence is missing, assign "0". Compute total points. Make comments, if applicable.

Criteria	Possible Points	Excellent	Very Good	Good	Fair	Poor	Comments
Work Habits (Individual Score) (Extent to which individual used industrial techniques)							
1. **Used equipment and tools properly	5	5	4	3	2	1	
2. Maintained sanitary and safety conditions and procedures	5	5	4	3	2	1	
3. *Followed directions and recipes; properly filled out forms	5	5	4	3	2	1	
4. Stayed within time limits	5	5	4	3	2	1	
5. Cleaned and organized work area	5	5	4	3	2	1	
Personal Appearance (Individual Score)							
6. Wore appropriate clothing and head covering; well groomed	5	5	4	3	2	1	
Teamwork (Group Score)							
7. Worked together effectively and efficiently as a group	10	10	9	8	7	6	

COMMERCIAL FOODS
Proficiency Event #22

Judge's Number _____ Participant # _____

Instructions for Judges: Circle points for each criterion. Where information or evidence is missing, assign "0". Compute total points. Make comments, if applicable.

Criteria	Possible Points	Excellent	Very Good	Good	Fair	Poor	Comments
Food Production (Group Score) (Extent to which products met commercial standards)							
Product: _____							
8. Appearance (exhibits creativity)	10	10	9	8	7	6	
9. Taste	10	10	9	8	7	6	
Product: _____							
10. Appearance (exhibits creativity)	10	10	9	8	7	6	
11. Taste	10	10	9	8	7	6	
Product: _____							
12. Appearance (exhibits creativity)	10	10	9	8	7	6	
13. Taste	10	10	9	8	7	6	

TOTAL POSSIBLE POINTS: 100 TOTAL SUM OF POINTS: _____

MINIMUM SCORE FOR PROFICIENCY RATING = 85% OF TOTAL POINTS SUMMED FROM ALL JUDGES

*1st Tie Breaker
**2nd Tie Breaker

CULINARY SKILLS
Proficiency Event #23

EVENT DESCRIPTION

The Culinary Skills Event provides an opportunity for individual FHA/HERO members to demonstrate their creativity and culinary skills by preparing either a cold garde-manger tray or a decorated cake.

EVENT CATEGORY:
____ Chapter
____ General
____ Consumer Home Economics
__x__ Occupational Home Economics

EVENT TYPE:
__x__ Individual
____ Team
____ Individual or Team

NUMBER OF PARTICIPANTS: 1

LEVELS OF RECOGNITION: __x__ Regional __x__ State ____ National

GRADE LEVEL: ____ 7 ____ 8 ____ 9 ____ 10 __x__ 11 __x__ 12

COURSE REQUIREMENTS FOR ELIGIBILITY: Students who are currently enrolled in or have successfully completed one of the following home economics courses: 7121 - Commercial Foods I, 7122 - Commercial Foods II, 7141 - Home Economics Cooperative Education I - food service work site, or 7142 - Home Economics Cooperative Education II - food service work site.

COMPETENCY GOALS

7121-03: Maintain high safety standards in food preparation, service, and clean up tasks.
7121-05: Maintain acceptable sanitation standards.
7121-07: Identify, select, and use tools and utensils.
7121-10: Identify and use appropriate food preparation techniques.
7122-12: Prepare cakes, icings, frostings, and fillings.
7141-08: Describe safety and sanitation practices and principles in Home Economics occupations.
7141-10: Demonstrate proficiency in competencies identified for the occupation.
7142-03: Participate in FHA/HERO.
7142-09: Demonstrate proficiency in competencies identified for the occupation.

RULES FOR EVENT PARTICIPATION

1. The participant must comply with the General Rules and Regulations.

2. The participant will deliver the identification card to the event manager during the orientation session. See General Rules and Regulations for card information.

REQUIRED PROCEDURES FOR PARTICIPANTS

1. Participants will report to the designated room at the specified time with all necessary equipment needed to prepare selected finished product. (example: decorating tips and tubes, pastry bags, French knife, paring knife, vegetable peeler, etc.)

2. Participants will wear appropriate attire including:

   - clean cook's jacket or light shirt with washable skirt or slacks (no jeans) or commercial uniform
   - apron
   - hair covering or hair restraint
   - closed-toe shoes

3. Participants will arrive with all necessary food items needed for presentation. (example: cake, frosting, fresh fruit, and/or vegetables)

4. Display tray may be 12-18 inches in diameter and may be glass, wood, or metal.

5. Participants will work simultaneously and will be allowed one hour to plan, prepare, and present selection for judge's review.

6. The same item (cold tray or cake) must be prepared by participant at both regional and state competition.

7. All items used in the presentation, with the exception of cakes and frosting, must be prepared during the 60-minute time period. Fruits and vegetables should be washed in advance. Cakes may have a thin glaze to control crumbs (crumb frosting), applied in advance.

   The entire cake must be frosted during the event. The white frosting must be prepared in advance, but must be colored at the event site. Cakes may either be 9" x 13" or 10" x 14" rectangular or 9" round, one or multiple layers. Cakes must be decorated and presented for all-occasion.

SUPPLIES, EQUIPMENT, AND MATERIALS

To Be Provided By Participants

Necessary food ingredients
All essential equipment/tools
Cooler/ice-chest with ice for perishable ingredients
3" x 5" identification card (see general rules)

To Be Provided By Event Manager

Timing device
Pens
Calculator

To Be Provided At Host Facility

Table or appropriate work surface
Trash or waste disposal
Sink area or available water supply

To Be Provided By State Office

Judges' rating sheets

CULINARY SKILLS
Proficiency Event #23

Judge's Number _____ Participant # _____

Instructions for Judges: Circle points for each criterion. Where information or evidence is missing, assign "0". Compute total points. Make comments, if applicable.

Criteria	Possible Points	Excellent	Very Good	Good	Fair	Poor	Comments
Use of Tools and Utensils							
1. **Skill and dexterity	10	10	9	8	7	6	
2. Poise and confidence	5	5	4	3	2	1	
3. Efficiency	5	5	4	3	2	1	
4. Appropriate selection of tools and utensils	5	5	4	3	2	1	
Sanitation and Safety							
5. Maintains acceptable sanitation and safety standards	10	10	9	8	7	6	
Finished Product							
6. *Degrees of difficulty; variety of skills and techniques used	15	15	13	11	9	7	
7. Creativity	5	5	4	3	2	1	
8. Suitability and coordination of color in presentation	5	5	4	3	1	1	
9. Attractiveness	10	10	9	8	7	6	
10. Total presentation	15	15	13	11	9	7	
11. Completed within time limits	5	5	4	3	2	1	
Personal Appearance							
12. Appropriate clothing and hair restraint	10	10	9	8	7	6	

TOTAL POSSIBLE POINTS: 100 TOTAL SUM OF POINTS: _____

MINIMUM SCORE FOR PROFICIENCY RATING = 85% OF TOTAL POINTS SUMMED FROM ALL JUDGES

*1st Tie Breaker
**2nd Tie Breaker

107

STORYTELLING
Proficiency Event #24

EVENT DESCRIPTION

The Storytelling Event consist of the storytelling and an oral response to a question from the judges. Individual FHA/HERO participants will prepare and present a storytelling experience to children utilizing creative props.

EVENT CATEGORY:
____ Chapter
____ General
____ Consumer Home Economics
_x_ Occupational Home Economics

EVENT TYPE:
_x_ Individual
____ Team
____ Individual or Team

NUMBER OF PARTICIPANTS: 1

LEVELS OF RECOGNITION: _x_ Regional _x_ State ____ National

GRADE LEVEL: ____ 7 ____ 8 ____ 9 ____ 10 _x_ 11 _x_ 12

COURSE REQUIREMENTS FOR ELICIBILITY: Students who are currently enrolled in or have successfully completed one of the following home economics courses: 7111 - Child Care Services I, 7112 - Child Care Servces II, 7141 - Home Economics Cooperative Education I - child care work site, or 7142 - Home Economics Cooperative Education II - child care work site.

COMPETENCY GOALS

7111-07: Guide and discipline children.
7111-12: Plan and carry out literature activities for children.
7112-05: Play learning activities that develop creativity in children.
7141-10: Demonstrate proficiency in competencies identified for the occupation.
7142-09: Demonstrate proficiency in competencies identified for the occupation.

RULES FOR EVENT PARTICIPATION

1. Participants must comply with General Rules and Regulations.

REQUIRED PROCEDURES FOR PARTICIPANTS

1. The participant must choose a book or story which can be adapted to a storytelling situation for three and four year olds utilizing creative props.

2. Participants will memorize the story and will tell it to a group of young children seated on the floor.

3. The participants should plan a suitable pre-story introduction and conclusion of the story. The pre-story may consist of a fingerplay, song, visit from a puppet, or conversation about the story topic. The purpose of the introduction is to gain the attention of the children and build up an anticipation for the story. The conclusion of the story may include conversation with the children about the story topic or an application transition to the next activity. The conclusion lets the children know that the story is finished and may include a review or clarification of ideas.

4. Each participant is required to bring all necessary equipment and props.

5. The time limit for the entire presentation (introduction, story, conclusion) will be 10 minutes. Each participant may spend less than the allotted time when giving the presentation but may not spend more than 10 minutes. The timekeeper will hold up a card when there are 5 minutes remaining in the presentation time and again when there is one minute remaining.

6. The event will consist of both the prepared presentation and response to an oral question. Eighty percent of the score will be based on the presentation and 20% on the oral question. The same oral question will be asked for all participants.

7. Be prepared to answer questions asked by the judges in relationship to presentation. Sample questions which the judges might ask are:

   - Discuss factors that should be considered in selecting a good book for preschool children.
   - Give the reasons for using a fingerplay, song, or puppet visit before a story.
   - Give examples of using the positive approach, including the setting of limits, to guiding behavior of young children in preschool.
   - Why is the story appropriate for the age group?
   - What are the values of stories and books for young children?

SUPPLIES, EQUIPMENT, AND MATERIALS

To Be Provided By Participants

Props, costumes, and other equipment or supplies

To Be Provided By Event Manager

Calculator
Timing device
Pens
Time cards

To Be Provided At Host Facility

Appropriate child care setting
Children for audience
Designated floor space

To Be Provided By State Office

Judges' rating sheets

STORYTELLING
Proficiency Event #24

Judge's Number _____ Participant # _____

Instructions for Judges: Circle points for each criterion. Where information or evidence is missing, assign "0". Compute total points. Make comments, if applicable.

Criteria	Possible Points	Excellent	Very Good	Good	Fair	Poor	Comments
1.** Selection -Appropriate to age level -Stimulating and challenging to child's imagination	10	10	9	8	7	6	
2. Introduction (Pre-Story) -Gained children's attention and built anticipation for story	10	10	9	8	7	6	
3. Voice Quality -Clear, distinct -Appropriate changes made in voice level for different characters in story	15	15	13	11	9	7	
4. Facial Expression -Reflected mood of story -Eye contact made with group of children	10	10	9	8	7	6	
5. * Interaction With the children	10	10	9	8	7	6	
6. Vocabulary Appropriate for the listening ability of young children	5	5	4	3	2	1	
7. Conclusion A wrap-up to tell the children that the story is finished	10	10	9	8	7	6	
8. Creative Props Appropriate for story	10	10	9	8	7	6	
12. Oral Question	20	20	18	16	14	12	

TOTAL POSSIBLE POINTS: 100 TOTAL SUM OF POINTS: _____

MINIMUM SCORE FOR PROFICIENCY RATING = 85% OF TOTAL POINTS SUMMED FROM ALL JUDGES

*1st Tie Breaker
**2nd Tie Breaker

KIDS, INC.
Proficiency Event #25

EVENT DESCRIPTION

Kids, Inc. encourages members to use their knowledge of occupational child care skills in developing a plan for a child care business for children through age 5. An after-school care component for any age child may be part of this plan.

EVENT CATEGORY:
____ Chapter
____ General
____ Consumer Home Economics
__x__ Occupational Home Economics

EVENT TYPE:
____ Individual
____ Team
__x__ Individual or Team

NUMBER OF PARTICIPANTS: 1-3

LEVELS OF RECOGNITION: __x__ Regional __x__ State __x__ National

GRADE LEVEL: ____ 7 ____ 8 ____ 9 ____ 10 __x__ 11 __x__ 12

COURSE REQUIREMENTS FOR ELIGIBILITY: Students who are currently enrolled in or have successfully completed one of the following home economics courses: 7111 - Child Care Services I, 7112 - Child Care Services II - the primary focus is on children ages 0-5, 7141 - Home Economics Cooperative Education I - child care work site, or 7142 - Home Economics Cooperative Education II - child care work site.

COMPETENCY GOALS

7111-18: Analyze ways to provide for the health of children, provide assistance in emergencies, and give first aid.
7111-19: Provide care for the health and safety of children and practice appropriate sanitizing procedures for a child care center.
7112-01: List reasons for establishing goals in a child care program and analyze steps in planning a business.
7112-02: Design environmental space for a child care center.
7112-03: Plan and schedule units of instruction for a child care center.
7112-04: Plan and carry out enrichment activities.
7112-05: Plan learning activities that develop creativity in children.
7112-06: Plan activities which will promote good parent/teacher and community relations.
7112-07: Develop employment policies and design an operation manual.
7112-08: Examine records to be used in a child care center and show how to complete these records.
7112-09: Plan snacks and meals for children that contribute to meeting total daily nutrient intake requirements.
7112-10: Analyze governmental regulations for the licensing of a child care center.
7141-10: Demonstrate proficiency in competencies identified for the occupation.
7142-09: Demonstrate proficiency in competencies identified for the occupation.

RULES FOR EVENT PARTICIPATION

1. Participants must comply with General Rules and Regulations.

2. An entry shall consist of a written plan supported by necessary documentation for establishing a child care business including those items on the business plan guide.

3. The business must provide services for children up through age five. In addition, an after-school program for any age child may be included. Participants must show evidence of skill mastery in: management of child care facility, program and activity planning, and evaluation of a child's progress and developmental needs.

4. The state first-place winner will be North Carolina's entry in the National STAR Event competition.

REQUIRED PROCEDURES FOR PARTICIPANTS

1. Participants will submit to the event manager three typed copies in a 9" x 12" manila folder of:

   - a cover sheet with student's name and name of business
   - two-page abstract of the business plan
   - Business Plan Guide
   - business plan (submit one typed copy only)

2. Participants will have 5 minutes to set up. They will then make a 10-15 minute verbal presentation of the business plan to the judges. Audiovisuals may be used in the presentation.

3. Following the presentation, the evaluators will interview the participant(s) for 10-15 minutes to determine entrant's knowledge of the proposed business.

SUPPLIES, EQUIPMENT, AND MATERIALS

To Be Provided By Participants

Business plan
3 folders with cover sheet, abstract, and Business Plan Guide
Audiovisuals, optional

To Be Provided By Event Manager

Calculator
Pens
Timing device

To Be Provided At Host Facility

Tables
Electricity

To Be Provided By State Office

Judges' rating sheets

Kids, Inc.
BUSINESS PLAN GUIDE

Name _____ City/State _____

Name of Business _____ Age Group Served _____

This guide identifies categories that must be incorporated into the plan for a child care business. Beneath each category are examples of items that must be considered in the development of the plan. List all resources used to develop each category within the plan. Resources may include reference books, visits to the city, county, and/or state offices, interviews, etc.

Items to be Researched and Developed — Resources Used

---

1. Description of Business

   . Services
   . Hours of operation
   . Philosophy statement
   . Population served (demographics)
   . Business feasibility
   . Community survey data

---

2. Facility

   . Space
   . Description
   . Utilities

---

3. Organization Chart

   . Position
   . Tasks

---

4. Funding for Business

   . Methods/sources
   . Fee structure/income

---

5. Forms/Records

   . Financial
   . Personnel
   . Children

Items to be Researched and Developed	Resources Used
6. Budget . Income . Expenditures . Financial procedures . Taxes	
7. Staffing . Hiring procedures . Salaries and benefits . Policies and procedures . Evaluations	
8. Laws, Regulations, Codes . Health . Fire . Insurance . Zoning . Local, county, state codes	
9. Programs and Activities . Children's programs and activities . Food and nutrition . Parental involvement . Special events . Emergency procedures . Transportation . Cooperative community agencies	
10. Supplies and Equipment . Suppliers . Inventory . Maintenance and repairs . Replacement	
11. Advertising/Recruitment . Advertising plan . Plan for recruiting children . Sample ads	

KIDS, INC.
Proficiency Event #25

Judge's Number _____ Participant # _____

Instructions for Judges: Circle points for each criterion. Where information or evidence is missing, assign "0". Compute total points. Make comments, if applicable.

Criteria	Possible Points	Excellent	Very Good	Good	Fair	Poor	Comments
Business Plan							
1. **Occupational child care skills used: -child care center management -activity and program planning -evaluation of children's progress and needs	20	20	18	16	14	12	
2. Thoroughness of plan	5	5	4	3	2	1	
3. Creativity of plan	5	5	4	3	2	1	
4. Sound business practices used	10	10	9	8	7	6	
5. *Specifications followed: -description of business -facility -organizational chart -funding for business -forms/records -budget -staffing -laws, regulations, codes -programs and activities -supplies and equipment -advertising/recruitment -resource listing	40	40	38	36	34	32	
Presentation							
6. Knowledge of establishing a child care business	10	10	9	8	7	6	
7. Business portfolio well organized	5	5	4	3	2	1	
8. Presentation clear, organized	5	5	4	3	2	1	

TOTAL POSSIBLE POINTS: 100 TOTAL SUM OF POINTS: _____

MINIMUM SCORE FOR PROFICIENCY RATING = 85% OF TOTAL POINTS SUMMED FROM ALL JUDGES

*1st Tie Breaker
**2nd Tie Breaker